

What A Waste

拍數: 32 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Wasted Days and Wasted Nights - Freddy Fender



- 1&2 Step forward on left, step right beside left, step forward on left
&3-4 Step right beside left, rock/step forward on left, rock back on right
5&6 Step back on left, step right beside left, step back on left
&7-8 Step right beside left, rock/step back on left, step forward on right
- 9&10 Cross/rock left over right, rock back on right, step left on left side
11&12 Cross/rock right over left, rock back on left, step right to right side
13&14 Cross/rock left over right, rock back on right, making $\frac{1}{4}$ left step forward on left
& Making a $\frac{1}{2}$ turn left step back on right
15-16 Touch left toe behind, unwind $\frac{1}{2}$ left transferring weight to left
- 17-18 Rock/step forward on right, rock back on left
19 Step back on right towards right diagonal
&20 Lock left across right, step back on right keeping left heel in place and raising toes
21 Step back on left towards left diagonal
&22 Lock right across left, step back on left keeping right heel in place and raising toes
23-24 Rock/return weight forward onto right, making $\frac{1}{4}$ left rock/return weight onto left
- 25&26 Step right across left, step left to left, rock/return weight on right
27&28 Step left across right, step right to right, rock/return weight to left
29&30 Rock/step forward on right, rock back on left, making $\frac{1}{2}$ turn right step forward on right
31-32 Step forward on left, pivot $\frac{1}{2}$ turn left transferring weight on right

REPEAT
