

# 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  
&  
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**

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