

# Don't Waste Your Time

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Gary Steele (UK)  
音樂: Wake Me Up - Girls Aloud



## WALK, WALK, KICK AND HEEL, AND TOUCH AND FLICK, AND SHUFFLE STEP

1-2      Walk forward right, left  
3&4      Kick right foot forward, step down on right foot, dig left heel in front  
&      Step left down in place  
5&6      Touch right next to left, step back on right, flick the left leg behind  
&      Step left down in place  
7&8      Shuffle forward right

## MAMBO FORWARD, WALK BACK TWICE, JAZZ BOX ¼

1&2      Left forward mambo  
3-4      Walk back right, left. (alternative - moonwalk back right left.)  
5-6      Cross right over left, step left back  
7-8      Making a ¼ turn right step right to right side, step left next to right

## POINT FORWARD, SIDE, ½ MONTEREY, POINT, GRIND HIPS ROUND TO THE LEFT MAKING A ¼ TURN, AND TOUCH AND TOUCH

1-2      Point right foot forward, out to the side  
3-4      Close right foot making a ½ turn right, point left to left side  
5-6      (Weight is on right leg) grind your hips round to the left making a ¼ turn left

### Move the hips in a circular motion to the left

&7      Step down on left foot, touch right next to left  
&8      Step down on right foot, touch left next to right.

## AND ROCKING CHAIR, ½ PIVOT TWICE

&1-2      Step down on left foot, forward rock on right foot, recover onto left foot  
3-4      Rock back onto right foot, recover weight onto left  
5-6      Step forward right, ½ pivot over left shoulder  
7-8      Step forward right, ½ pivot over left shoulder

## REPEAT

## TAG

### At the end of the second wall:

1-8      Hip bumps right, left, right, left, right, left, right, left