

Don't Waste Your Time

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