## **Don't Waste Your Time**



Count: 32 Wand: 2 Ebene: Intermediate

Choreograf/in: Gary Steele (UK)

Musik: 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

Touch right next to left, step back on right, flick the left leg behind

& Step left down in place7&8 Shuffle forward right

### MAMBO FORWARD, WALK BACK TWICE, JAZZ BOX 1/4

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 1/4 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, 1/2 PIVOT TWICE

&1-2 Step down on left foot, forward rock on right foot, recover onto left foot

Rock back onto right foot, recover weight onto left
Step forward right, ½ pivot over left shoulder
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