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| Favourite Waste Of Time |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Dee Musk (UK) - September 2008 |
| **Music:** | My Favourite Waste of Time - Owen Paul |
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**Approx 3mins 28 secs - 32 Count Intro - start just after main vocals. Approx 16 seconds.**

**Cross Back, Side Shuffle, Cross Back Side Shuffle.**

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| 1,2 | Cross step R over L, step back on L. |

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| 3&4 | Step R to R side, close L beside R, step R to R side. |

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| 5,6 | Cross step L over R, step back on R. |

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| 7&8 | Step L to L side, close R beside L, step L to L side. (12 o’clock). |

**Walk, Step ½ Turn R, Step, Skate R, L, R, L.**

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| 1-2 | Walk forward R, step forward on L. |

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| 3-4 | Make a ½ turn R, step forward on L. |

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| 5-8 | Travelling forward skate, R, L, R, L. (6 o’clock). |

**Back Rock, Side Shuffle, Cross Rock, Side Together ¼ Turn L.**

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| 1,2 | Cross rock R behind L, recover weight to L. |

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| 3&4 | Step R to R side, close L beside R, step R to R side. |

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| 5-6 | Cross rock L over R, recover weight to R. |

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| 7&8 | Step L to L side, close R beside L, make a ¼ turn L stepping forward on L. (3 o’clock). |

**Step ½ Turn L, Kick Ball Change, Step Kick, Coaster Step.**

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| 1,2 | Step forward on R, make a ½ turn L. |

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| 3&4 | Kick R foot forward, step down on R, step down on L. |

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| 5,6 | Step forward on R, kick L foot forward. |

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| 7&8 | Step back on L, close R beside L, step forward on L. (9 o’clock). |

**Sing Along and Enjoy Luv Dee xx**