拍数： 32
壇数： 2
级数：Intermediate Polka

## 编舞者：Betty Alart（FR）－April 2016

音乐：Wasted Time－Keith Urban


## Section 1 ：Chasse＊4，full turn， $1 / 2$ turn sweeping，sailor step

1
\＆
2
\＆
3
\＆
4
\＆
5
\＆
6
7
\＆
8
Section 2 ：Cross， $1 / 4$ turn L，Hitch backwards＊3，slide，1／8 L Heel \＆touch back $\square$
$1 \quad \mathrm{LF} \square$ Cross in front of RF
2
\＆
3
\＆
4
\＆
56
$7 \quad$ RF $\square 1 / 8$ turn left，heel forwards（10：30）
\＆RF口Together
8 LF口Touch back

Section 3 ：Touch L \＆R，Bend knees，come up，Step L $1 / 2$ turn R，shuffle L
1 LFDTouch L
\＆LFDTogether
$2 \quad$ RFDTouch R
\＆RF口Together
3 BF■Bend knees
$4 \quad$ BFロCome up
$5 \quad$ LF $\square$ step forwards
$6 \quad R F \square 1 / 2$ turn R，step forwards（04：30）
$7 \quad$ LF $\square$ step forwards
\＆LFDTogether
$8 \quad$ RF $\square$ step forwards
Section 4 ：Cross，step，sailor heel，full chaine turn L＊2
$1 \quad$ RF口Cross in front of LF
$2 \quad$ LF $1 / 8$ turn $R$ Step $L(06: 00)$
3 RF口Cross behind LF
\＆LF $\square$ Step L

RF $\square$ Heel L
RF $\square$ Together, $1 / 8$ turn $R$
LF $\square$ Step forwards, $1 / 4$ turn $L$
LF $\square 1 / 4$ turn $L$, lift knee
RF $\square 5 / 8$ turn $L$ together (09:00)
LF $\square$ Step forward, 1,5 full turn $L$ (06:00)

## TAG : 32 counts at wall 9

Section 1 : Heel RF ball step touch behind, step backwards, Heel LF together, apple jack, $1 / 2$ turn apple jack, apple jack *2

RF $\square$ Heel forwards (06:00)
\& RF $\square$ together
$2 \quad \mathrm{LF} \square$ heel forwards
\& RF $\square$ Touch behind LF
$3 \quad R F \square$ step back
\& LF $\square$ Heel forwards
$4 \quad \mathrm{LF} \square$ Together
\& 5
\&6
\&7
RF $\square$ Apple jack with heel $D$
RF $\square 1 / 2$ turn $L$ with Apple jack with heel $G(12: 00)$
RF $\square$ Apple jack with heel D
\&8
LF $\square$ Apple jack with heel D

## Section 2 : Hitch slide back, stomp *2, heel *2, hitch back, heel *2, stomp *2 $\square$

$1 \quad$ RF $\square$ Hitch R
2
3 LF $\square$ Stomp LF
$4 \quad$ RF $\square$ Stomp RF
$5 \quad$ LF $\square$ Cross heel in front of RF
\& LF $\square$ Heel side RF
$6 \quad$ LF $\square$ Hitch back, tap hand $R$ with heel $L$
\& LF $\square$ Heel side RF
7
\& LF $\square$ Stomp LF
$8 \quad$ RF $\square$ Stomp RF

## Section $3: 1 / 8$ turn step $+1 / 4$ turn together *2, $1 / 8$ turn $+3 / 8$ turn together, Vaudeville *2

$1 \quad R F \square 1 / 8$ turn $L$, step $R(10: 30)$
\& LF $\square 1 / 4$ turn R, Together (01:30)
$2 \quad 1 / 8$ turn $R$, step $L$ (03:00)
\& LF $\square 1 / 4$ turn $R$, Together (06:00)
$3 \quad R F \square 1 / 8$ turn $R$, step $R(07: 30)$
$4 \quad L F \square 3 / 8$ turn $R$, Together (12:00)
$5 \quad$ RF $\square$ Cross in front of LF
\& LF $\square$ Step L
$6 \quad$ RF $\square$ Heel R
\& $\quad R F \square$ Side of LF
$7 \quad$ LF $\square$ Cross in front of RF
\& RF $\square$ Step R
$8 \quad$ LF $\square$ Heel L

## Section 4 : Kick ball rock step *2, 1/2 turn with swivel

| $\&$ | LF $\square$ Together |
| :--- | :--- |
| 1 | RF $\square$ Kick forwards |
| $\&$ | RF $\square$ Step forwards |


| 2\& | LF $\square$ step L, recover |
| :--- | :--- |
| 3 | LF $\square$ Kick forwards |
| $\&$ | LF $\square$ Step forwards |
| $4 \&$ | RF $\square$ Step R, recover |
| 5 | RF $\square$ Together |
| $\&$ | LF $\square 1 / 8$ turn R step forwards |
| 6 | BF $\square 1 / 8$ turn R swivel |
| 7 | BF $\square 1 / 8$ turn $R$ swivel |
| 8 | LF $\square 1 / 8$ turn $R$ swivel (06:00) |

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