Wasting Time

拍数: 64 **墙数:** 4 **级数:** Beginner +

编舞者: Linda Nyholm (CAN) - July 2017

音乐: Sitting By The River by the Lennerockers

No Tags Or Restarts

Music Alternative: **ANYTHING FOR LOVE, by MACALLAN
No Tags Or Restarts—my fav—can't find source—I will share

SECTION 1: ROCK BACK, RECOVER, KICK BALL CHANGE, SHUFFLE FORWARD, PIVOT ¼

1-2	Rock back on R, recover to L
3&4	Kick R fwd, step on ball of R, step L sightly fwd
5&6	Step R fwd, L beside R, step R fwd
7-8	Step L fwd, pivoting ¼ to R, step R beside R (3)

SECTION 2: WEAVE 3, POINT, LEFT & RIGHT

1-2	Cross left over R step R to side
3-4	Step left behind R, point R to side
5-6	Cross R over L, step L to side,
7-8	Step R behind, point L to side

SECTION 3: JAZZ BOX TURNING ¼, LEFT LINDY

1-2	Cross L over R, turn R ¼ to L (12)
3-4	Step L beside R,,cross R over L
5&6	Step L to side, , R beside L, L beside R
7-8	Rock back on R, recover to L

SECTION 4: VINE FOR 4, RIGHT LINDY

1-2	Step R to side, L behind R
3-4	Step R to side, cross L over R
5&6	Step R to side, L beside R, R beside
7-8	Rock back on L, recover to R

SECTION 5: LEFT & RIGHT SIDE ROCK, CROSS SHUFFLE

1-2	Rock L to side, recover to R
3&4	Cross left over R, step R beside L, L beside R
5-6	Rock R to side, recover to L
7&8	Cross R over L. step L to side, R beside L

SECTION 6: SIDE, BEHIND, SHUFFLE ¼, , RIGHT, LEFT SIDE TOUCHES

1-2	Step L to side, R behind L
3&4	Step L ¼ to left, R beside L. step L beside R (9)
5-6	Step R t o side, touch L beside R
7-8	Step L to side, touch R beside L

SECTION 7: PROGRESSIVE BOX WITH SHUFFLES

1-2	Step R to side, L beside R
3&4	Step R fwd, L beside R,, R beside L
5-6	Step L to side, R beside R
7&8	Step L back, R beside L, L beside R

SECTION 8: ROCK, RECOVER, SHUFFLE ½, ROCK RECOVER, SHUFFLE BACK

1-2	Rock R fwd, recover to L
3&4	Turning over R shoulder, step R ¼, L ¼ step R beside L (3)
5-6	Rock L fwd, recover to R
7&8	Step L back, step R back, step L beside R