

Come Waste My Time

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 2 级数: Intermediate
编舞者: John Robinson (USA) - 14 April 2021
音乐: Come Waste My Time - Craig Eddie : (iTunes, amazon.com, amazon.co.uk, amazon.de)



Intro: 6 counts (about 2.5 seconds).

Sequence: No tags, no restarts. Begin the first wall on the second set of 6 (you won't do the first 6 counts on this wall because the track starts immediately and you won't have enough time).

SECTION 1. BASIC FORWARD, STEP FORWARD, PIVOT 1/2 LEFT w/DEVELOPPE

1,2,3 Step L forward (1); Step R forward (2); Step L forward (3)
4,5,6 Step R forward (4); Turn 1/2 left (6:00) on balls of feet raising L beside R calf (5); Extend L forward with toe pointed, angling body towards 4:30 (6)

NOTE: Dance begins here on wall 1. This means you'll be traveling towards 11:30 when you start.

SECTION 2. BASIC FORWARD TO L DIAGONAL, FORWARD, SIDE ROCK, RECOVER

1,2,3 Traveling towards 4:30, step L forward (1); Step R forward (2); Step L forward (3)
4,5,6 Step R forward towards 4:30 (4); Rock L side left (5); Recover R (6)

SECTION 3. BACK, SIDE ROCK, RECOVER, TOUCH BACK, UNWIND 3/4 R (EITHER SLOW OR FAST)

1,2,3 Still facing 4:30, step L back (1); Rock R side right (2); Recover L (3)
4,5,6 Tap R behind L (4); Turn 3/4 right (1:30) on balls of feet, shifting weight R (5-6)

On counts 4-6, you can unwind quickly on count 5 and hold count 6, or slowly over 2 counts.

SECTION 4. TWINKLE, LUNGE w/ARM MOVEMENTS

1,2,3 Step L across R (1); Step R side right (2); Step L together angling body towards 11:30 (3)
4,5,6 Step R across L towards 11:30 lowering into lunge position while raising arms in 5th position (an "O" shape overhead) (4); Holding lunge position, lower arms/hands to frame sides of face, about 12-16 inches away on each side or shoulder-width (5); Holding lunge position, push hands (palms out) sideways away from body at shoulder height (6)

SECTION 5. RONDE 3/4 TURN L, BEHIND, TURN 1/4 R, STEP FORWARD

1,2,3 Push off R sweeping L counterclockwise 3/4 turn (1:30) over 3 counts (1-2-3)
4,5,6 Step L behind R (4); Turn 1/4 right (3:00) stepping R forward (5); Step L forward (6)

SECTION 6. ARABESQUE, 1/2 TURNING BASIC L

1,2,3 Step R forward (1); Rising on ball of R, extend L behind (toe off floor) (2); Continue rising on ball of R keeping L extended behind (3)
4,5,6 Step L back (4); Step R back (5); Turn 1/2 left (9:00) stepping L forward (6)

SECTION 7. RONDE 1/4 LEFT, TWINKLE BACK

1,2,3 Rotate 1/4 left (6:00) on ball of L sweeping R counterclockwise (1-2-3)
4,5,6 Step R across L (4); Step L back and side left (angling body towards 7:30) (5); Step R beside L (6)

SECTION 8. TWINKLE BACK, BACK STEP, DRAG, HOOK LOOKING 1/4 R

1,2,3 Step L across R (1); Step R back and side right (2); Step L beside R squaring up to 6:00 (3)
4,5,6 Step R back (4); Rotate upper body 1/4 right, hooking L across R shin (5); Hold (6)

Styling: Add funky shoulder/hip/head movement of your choice to accent the beats on 4,5,6.

Remember to rotate upper body 1/4 left to start dance again towards new wall.

Begin again and enjoy!

FINALE: Dance ends facing 12:00. Do four slow step drags traveling forward (there will be no music, so maintain tempo of track).
