No Time to Waste

编舞者	: 48 墙数 : 4 级数: : Sarah Jane Woodfield (UK) - April 2023 : Giddy Up! - Shania Twain
1, 2	Step fwd L and R, bringing feet level and apart,
3&4	Shuffle diagonally back LRL
5, 6	Step back R and L, bringing feet level and apart,
7&8	Shuffle diagonally fwds RLR
9&10&11&12	Heel digs L and R, and crossing L over R, tap toe heel stomp,
13, 14	Step back on R and fwds on L making 2 x1/4 turns over L shoulder
15 &	Step fwd L and R, bringing feet level and apart,
16	Step fwds onto R
17, 18	Step fwds on L and back on R making 2 x1/4 turns over R shoulder
19 &	Step back L, Step back R, bringing feet level and apart
20	Tap L toe to instep
21 & 22	Skate fwds on L and clap x2
23 - 24	**Skate fwds on R and clap x2
25,26 &27&28	Syncopated GV to L, and crossing R over L, tap toe heel stomp
29, 30, 31&32	Rock L to L, replace R, cross shuffle LRL
33,34&35&36	Syncopated GV to R, and crossing L over R tap toe heel stomp
37, 38, 39&40	Rock R to R, replace L, cross shuffle RLR
41,42, 43&44	***Toe grind on L (hip action) making 1/4 turn R, L kick ball step
45,46, 47&48	Toe grind on L (hip action) making 1/4 turn R, L kick ball step
** Wall 2 - 1st restart after 24 count facing wall 12 *** Wall 5 - 2nd restart after 44 count facing wall 9 Wall 7 ends on count 8, so make a 1/4 turn L shuffle to end, stepping RLR	



COPPER KNOE