

# Wasted

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Garrett Boyd (USA) - October 2024  
音乐: Push Up - Brother Leo



**\*1 Restart on Wall 4**

**Intro: 8 Counts**

**[1 – 8] WALK (X2), HIP BUMPS, WALK (X2), STEP OUT, SIDE PUSH**

- 1 - 2      Walk forward R, L
- 3 & 4      Bump hip up to the right, recover hips, bump hip down to the right
- 5, 6      Walk forward R, L
- 7, 8      Big step out to right with R foot, push off R foot to left while turning  $\frac{1}{4}$  right (3:00)

**[9 – 16] TURNING SHUFFLE (X2), KICK (X2), ROCK BACK, RECOVER**

- 1 & 2      Step back on R foot while turning  $\frac{1}{4}$  over R shoulder, step L next to R, step forward on R while turning  $\frac{1}{4}$  over R shoulder (9:00)
- 3 & 4      Step forward on L foot while turning  $\frac{1}{4}$  over R shoulder, step R next to L, step back on L while turning  $\frac{1}{4}$  over R shoulder (3:00)
- 5, 6      Jump back on R and kick L, jump back on L and kick R
- 7, 8      Rock back on R, recover onto L foot

**\*Restart happens here on Wall 4**

**[17 – 24] MODIFIED WIZARD , TURNING PONY STEP, TURN, HITCH, ROCK, RECOVER**

- 1, 2 &      Step R foot forward, lock L foot behind R, step forward on R ball of foot
- 3 & 4      Step forward on L while turning  $\frac{1}{4}$  right and hitching R knee, step back on R ball of foot while turning  $\frac{1}{4}$  right, step L next to R while turning  $\frac{1}{4}$  right and hitching R knee (12:00)
- 5, 6      Turn  $\frac{1}{4}$  right while stepping R foot to right, turn  $\frac{1}{4}$  over R shoulder while hitching L knee (6:00)
- 7, 8      Rock out to left, recover onto R

**[25 – 32] CROSS ROCK, RECOVER, TOE GRIND, FULL TURN, COASTER STEP**

- 1, 2      Cross L over R rocking right, recover onto R
- 3 - 4      Step out left taking weight on ball of L foot as you make a  $\frac{1}{4}$  turn left stepping back on R (3:00)
- 5, 6      Step back on L foot turning  $\frac{1}{2}$  over your R shoulder, step back on R foot continuing a  $\frac{1}{2}$  turn over R shoulder
- 7 & 8      Step back on L, step R next to L, step forward on L

If you try this one out, tag me on Instagram [@giraffically\\_speaking](#). I'd love to see it!  
Check me out on YouTube [@GarrettBoydDance](#)

**Last Update: 3 Nov 2024**