拍数： 64
堷数： 1
级数：Phrased Advanced
编舞者：Debbie McLaughlin（UK）\＆Joey Warren（USA）－April 2012
音乐：Hurry up and Wait－Ida Corr ：（Album：One）

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Count in：After 32 counts on verse
SEQUENCE：A B A B Tag B A A B（1 wall dance．Every section starts facing 12．00）
PART A－ 32 counts
WALK，WALK，CROSS，BACK，\＆CROSS BACK，\＆CROSS BACK
1， \(2 \quad\) Walk forward \(L, R\)
3， \(4 \quad\) Cross \(L\) over R，Step back on \(R\)
\＆5， \(6 \quad\) Step \(L\) to \(L\) side，Cross \(R\) over \(L\) ，Step back on \(L\)
\＆7， \(8 \quad\) Step R to R side，Cross L over R，Step back on R
\＆HEEL \＆HEEL \＆，CROSS SHUFFLE， \(1 / 4\) TURN，STEP \(1 / 2\) TURN，R SHUFFLE FWD
\＆1\＆2 Step \(L\) beside R，Touch \(R\) heel forward，Step \(R\) beside L，Touch \(L\) heel forward
\＆3\＆4 Step L beside R，Cross R over L，Step L to L side，Cross R over L
5\＆6 Make \(1 / 4\) turn \(L\) stepping \(L\) forward，Step forward \(R\) ，Pivot \(1 / 2\) turn \(L\)（weight \(L\) ）
7\＆8 Step R forward，Step L beside R，Step R forward
WALK，WALK，HOLD， \(1 / 2\) TURN， \(1 / 4\) TURN，BEHIND，SIDE，SIDE，BEHIND
1，2， \(3 \quad\) Walk forward L，R，Hold count 3
\＆ 4 Pivot \(1 / 2\) turn \(L\) taking weight forward onto \(L\) ，Make \(1 / 4\) turn \(L\) stepping \(R\) to \(R\) side
5， \(6 \quad\) Cross \(L\) behind R，Step \(R\) to \(R\) side
7， \(8 \quad\) Step \(L\) to \(L\) side，Cross \(R\) behind \(L\)
TOES HEELS TOES，TOES HEELS TOES，\＆HEEL \＆TOUCH， \(1 / 2\) TURN， \(1 / 2\) TURN
\(1 \& 2 \quad\) Making \(1 / 4\) turn \(L\) and stepping \(L\) beside R，swivel both toes \(L\) ，Swivel both heels \(L\) ，Swivel both toes L
3\＆4 Swivel both toes R，Swivel both heels R，Swivel both toes R（weight R）
\＆5\＆6 Step back on \(L\) ，Touch \(R\) heel forward，Step \(R\) in place，Touch \(L\) beside \(R\)
\(7,8 \quad\) Make \(1 / 2\) turn \(L\) stepping forward on \(L\) ，Make \(1 / 2\) turn \(L\) stepping back on \(R\)
To continue into Part A or B，you must make \(1 / 4\) turn \(L\) into the first step．
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PART B－ 32 counts
SIDE，BEHIND \＆TOUCH \＆ROCK \＆， $1 / 2$ TURN $1 / 2$ TURN，BEHIND SIDE CROSS
$1,2 \& \quad$ Step $L$ big step to $L$ side dragging $R$ to $L$ ，Cross $R$ behind $L$ ，Step $L$ to $L$ side
3\＆4\＆Touch R forward to $L$ diagonal，Step $R$ beside $L$ ，Rock forward on $L$ to $L$ diagonal，Recover onto $R$
5， $6 \quad$ Make $1 / 2$ turn $L$ stepping slightly forward on $L$ ，Make $1 / 2 L$ stepping $R$ to $R$ side
7\＆8 Cross L behind R，Step R to R side，Cross L over R
ROCK \＆CROSS， $1 / 4$ TURN $1 / 4$ TURN CROSS，COASTER $1 / 4$ TURN PRESS，COASTER STEP
1\＆2 Rock R to R side，Recover onto L，Cross R over L
3\＆4 Make $1 / 4$ turn $R$ stepping back on $L$ ，Make $1 / 4$ turn $R$ stepping $R$ to $R$ side，Cross $L$ over $R$
$5 \& 6 \quad$ Make $1 / 4$ turn $L$ stepping back on $R$ ，Step $L$ beside $R$ ，Step $R$ forward（almost a press）
7\＆8 Step back on L，Step R beside L，Step forward on L
ROCK RECOVER，BEHIND $1 / 2$ TURN STEP STEP，STEP $1 / 4$ TURN，CROSS 114 TURN $1 / 4$ TURN
1，2 Rock forward on R，Recover back onto $L$
3\＆4 Step back on R，Make $1 / 2$ turn L stepping forward on L，Step R forward
\＆5，6 Step L forward，Step R forward，Pivot $1 / 4$ turn $L$ taking weight on $L$

CROSS ROCK RECOVER $\times 2$, ROCK RECOVER $1 / 2$ TURN, STEP $1 ⁄ 2$ TURN STEP
1\& $2 \quad$ Cross $L$ over R, Rock $R$ to $R$ side, Recover weight onto $L$
3\& 4 Cross $R$ over $L$, Rock $L$ to $L$ side, Recover weight onto $R$
5\&6 Rock forward on L, Recover back onto R, Make $1 / 2$ turn $L$ stepping forward on $L$
7\&8 Step R forward, Pivot $1 / 2$ turn L taking weight onto L, Step R forward
To continue into Part A or the Tag, you must make $1 / 4$ turn $L$ into the first step.

TAG: 32 counts (You should notice a change in the rhythm of the music)
STEP TOUCH, STEP TOUCH, \& CROSS \& BEHIND \& CROSS \& BEHIND
1, $2 \quad$ Step $L$ forward to $L$ diagonal, Touch $R$ beside $L$
3, $4 \quad$ Step $R$ forward to $R$ diagonal, Touch $L$ beside $R$
\&5\&6 Step $L$ to $L$ side, Cross $R$ over $L$, Step $L$ to $L$ side, Cross $R$ behind $L$
\&7\&8 Step $L$ to $L$ side, Cross $R$ over $L$, Step $L$ to $L$ side, Cross $R$ behind $L$
ROCK RECOVER, CROSS SWEEP $1 / 4$ TURN, TOUCH \& TOUCH \& $\times 23 / 4$ TURN
1, 2 Rock $L$ to $L$ side, Recover weight onto $R$
3,4 Cross $L$ over $R$, Sweep $R$ around from back to front making $1 / 4$ turn $L$ (weight $L$ )
5\&6\& Touch $R$ beside $L$, Make $1 / 4 L$ stepping $R$ beside $L$, Touch $L$ beside $R$, Turn $1 / 4$ turn $L$ stepping L beside R
7\&8\& Touch R beside L, Make $1 / 4 \mathrm{~L}$ stepping $R$ beside L, Touch $L$ beside R, Step $L$ beside R
KICK BALL CROSS, SIDE DRAG, BEHIND SIDE CROSS, ¼ TURN, ½ TURN
$1 \& 2 \quad$ Low kick $R$ diagonally forward, Step $R$ beside $L$, Cross $L$ over $R$
3, $4 \quad$ Step $R$ big step to $R$ side, Drag $L$ up to $R$
5\&6 Cross $L$ behind $R$, Step $R$ to $R$ side, Cross $L$ over $R$
7, $8 \quad$ Make $1 / 4$ turn $L$ stepping back on R, Make $1 / 2$ turn $L$ stepping forward on $L$
¼ TURN ROCK RECOVER ROCK TOUCH, 2x FULL TURN L
1, $2 \quad$ Make $1 / 4$ turn $L$ rocking $R$ out to $R$ side, Recover onto $L$
3, $4 \quad$ Rock $R$ out to $R$ side, Touch $L$ beside $R$
5, $6 \quad$ Make $1 / 4$ turn $L$ stepping $L$ forward, Make $1 / 2$ turn $L$ stepping back on $R$
7, $8 \quad$ Make $1 / 2$ turn $L$ stepping $L$ forward, Make $1 / 2$ turn $L$ stepping back on $R$
Note: If you wish to do one turn only, change count 7 to $1 / 4$ turn stepping $L$ to $L$ side, and cross $R$ over $L$ on
count 8
To continue into Part $B$, you must make $1 / 4$ turn $L$ into the first step.
SEQUENCE: A B A B Tag B A A B (1 wall dance. Every section starts facing 12.00)
Contact: debmcwotzit@gmail.com or tennesseefan85@yahoo.com

