(I Ain't) Wasting Time



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Ed Evangelista (USA) - November 2023

音樂: Wasting Time (feat. Old Dominion) - NEEDTOBREATHE



#16 count intro

Restart on wall 7 after 52 counts right after singer shouts "I ain't gonna waste mine!"

ROCKING CHAIR, STEP, SCUFF, STEP, SCUFF

1 2 3 4 Rock forward on R, recover to L, rock back on R, recover to L

5 6 7 8 Step forward on R, scuff L, step forward on L, scuff R

FORWARD MAMBO, KICK, STEP BACK, KICK, STEP BACK, KICK

1 2 3 4 Rock forward on R, recover to L, step back on R, kick L

5 6 7 8 Step back on L, kick R, step back on R, kick L

COASTER STEP, BRUSH, CROSS ROCK, RECOVER, STEP R SIDE RIGHT, BRUSH

1 2 3 4 Step back on L, step R next to L, step forward on L, brush R 5 6 7 8 Cross rock R over L, recover to L, step R side right, brush L

CROSS ROCK, RECOVER, SIDE, CROSS, SIDE, HEEL, STEP, CROSS

1 2 3 4 Cross rock L over R, recover to R, step L side left, cross R over L Step L side left, touch R heel, step back on R, cross L over R

MONTEREY 1/4 RIGHT, MONTEREY 1/4 RIGHT

Point R side right, turn ¼ right, stepping on R, point L side left, step on L next to R

Point R side right, turn ¼ right, stepping on R, point L side left, step on L next to R 6:00

ROCKING CHAIR, JAZZ BOX 1/4 RIGHT

1 2 3 4 Rock forward on R, recover to L, rock back on R, recover to L

5 6 7 8 Cross R over L, step back on L, turn ¼ right, stepping R side right, , step on L next to R 9:00

POINT, STEP, POINT, STEP, V STEP

1 2 3 4 Point R side right, step forward on R, point L side left, step L forward on L

RESTART HERE ON WALL 7 right after singer shouts "I ain't gonna waste mine!"

Step R out diagonally right, step L out diagonally left, step R back together, step L back together

V STEP, ROCK, RECOVER, TOE TOUCH, UNWIND 1/2 RIGHT, WEIGHT TO L

1 2 3 4 Step R out diagonally right, step L out diagonally left, step R back together, step L back together

Rock forward on R, recover to L, touch R toe behind L, unwind ½ right, keeping weight on L 3:00

END OF DANCE!

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