

# Wasted Days

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Francien Sittrop (NL) - April 2010  
音樂: Wasted Days - Trudy Kits : (CD: Favorites Covered by Me)



**Intro: Start on Vocals on the Word "Nights"**

**(1-9) Rock, Recover , Ball Cross, ¼ Turn R Shuffle fwd, L Mambo fwd, Coaster step**

1-2      Rock R fwd, Recover on L  
&3      Step R next to L, Step L across R  
4&5      ¼ Turn R and shuffle Fwd with R, L, R (3.00)  
6&7      Rock L fwd, Recover on R, Step L back  
8&1      Step R back, Step L next to R, Step R fwd

**(10-17) Step fwd, Pivot ½ Turn, Full Turn R , Kick Ball Cross, Side Rock , Recover, Cross**

2-3      Step L fwd, Pivot ½ Turn R (9.00)  
4&5      Triple Full Turn R with L,R,L (option: Shuffle fwd)  
6&7      Kick R fwd, Step R down, Step L across R  
8&1      Rock R to R side, Recover on L, Step R across L

**(18-24) Side Shuffle, Sailor ¼ Turn R, Kick fwd, Step, R. Heel grind , Step**

2&3      Step L to L side, Step R next to L, Step L to L side  
4&5      Step R behind L with ¼ Turn R, Step L to L side, Step R to R side (12.00)  
6&      Kick L fwd, Step L down  
7-8      Step On R Heel with Toes L, Turn on R heel with toes to the R(7), Recover on L  
&      Step R next to L

**Option Heel grind: Rock steps: Rock R fwd, Recover on L, Step R next to L**

**(25-32) L Heel Grind, Step, Step fwd, Pivot ¼ Turn L, Cross, Side, Hip sways**

1-2      Step on L Heel with toes R, Turn on L Heel with Toes to L(1), Recover on R  
&      Step L next to R  
3-4      Step R fwd, Pivot ¼ Turn L (9.00)  
5-6      Step R across L, Step L to L side  
7-8      Sway Hips R, Sway Hips L

**Option Heel grind: Rock steps: Rock L fwd, Recover on R, Step L next to R**

**Start again**

**ENDING: Last wall ends on the 3.00 wall. Count 31-32 : Sway Hips R, Sway Hips L with ¼ Turn L to end to the 12.00 Wall.**