Wasted Days & Nights

級數: Intermediate

編舞者: John Warnars (NL) - October 2011

音樂: Wasted Days, Wasted Nights - LeAnn Rimes : (CD: Lady & Gentlemen)

拍數: 32

(01 – 09) STEP ¼ TURN R, L STEP, ½ TURN R, ¼ TURN R, SAILOR CROSS, DIAG. L ROCK, RECOVER, L COASTER CROSS: 1 RF step with 1/4 turn right forwards (3) 2 LF step forwards & RF+LF make a ¹/₂ turn right (9)

- 3 LF step with 1/4 turn right to left side (12)
- RF cross step behind LF 4
- & LF step to left side
- 5 RF cross step over LF
- 6 LF rock diagonal left forwards (push)
- 7 RF rock back on RF
- 8 LF step backwards
- & RF step next to RF
- 1 LF cross step over RF

(10 – 17) FULL RUMBA BOX, ROCK, RECOVER, ½ SHUFFLE TURN R;

- 2 RF step to right side
- & LF step next RF
- 3 RF step backwards
- 4 LF step to left side
- & RF step next LF
- 5 LF step forwards
- 6 RF rock forwards
- 7 LF rock back on LF
- 8 RF step with 1/4 turn to right side (3)
- & LF step next RF
- RF step with 1/4 turn right forwards (6) 1

(18 – 25) L STEP, ½ TURN R, ¼ TURN R, R CROSS SHUFFLE, ROCK SWAYS L+R, SIDE SHUFFLE ¼ TURN L:

- 2 LF step forwards
- & RF+LF make a ¹/₂ turn right (12)
- 3 LF step with 1/4 turn right to left side (3)
- 4 RF cross step over LF
- & LF step next RF
- 5 RF cross step over LF
- 6 LF rock/sway to left side
- 7 RF sway to right side (weight on RF)
- 8 LF step to left side
- & RF step next LF
- 1 LF step with 1/4 turn left forwards (12)

(26 – 32&) R STEP, ½ SWIVEL L, ½ SWIVEL R, ¼ SWIVEL L, L SAILOR STEP, ROCK ¼ TURN R;

- 2 RF step forwards
- 3 LF+RF ¹/₂ swivel turn left & slightly bending knees (6) (weight on RF)





牆數: 4

4	RF+LF ½ swivel turn right & stretching legs (12) (weight on LF)
5	LF+RF ¼ swivel turn left (9) (weight on RF)
6	LF cross step behind RF
&	RF step to right side
7	LF step to left side
8	RF cross rock over LF
&	LF rock back on LF
1	RF start again (step with $\frac{1}{4}$ turn right forwards)