

Favourite Waste Of Time

32 count, 4 wall, improver level

Choreographer: Dee Musk (UK), September 2008

Choreographed to: "My Favourite Waste Of Time" by Owen Paul

32 Count Intro – start just after main vocals (approx 16 seconds)

Section 1 Cross Back, Side Shuffle, Cross Back, Side Shuffle

- 1, 2 Cross step R over L, step back on L
- 3&4 Step R to R side, close L beside R, step R to R side
- 5, 6 Cross step L over R, step back on R
- 7&8 Step L to L side, close R beside L, step L to L side (12 o'clock)

Section 2 Walk, Step 1/2 Turn R, Step, Skate R, L, R, L

- 1-2 Walk forward R, step forward on L
- 3-4 Make a 1/2 turn R, step forward on L
- 5-8 Travelling forward skate R, L, R, L (6 o'clock)

Section 3 Back Rock, Side Shuffle, Cross Rock, Side Together 1/4 Turn L

- 1, 2 Cross rock R behind L, recover weight to L
- 3&4 Step R to R side, close L beside R, step R to R side
- 5, 6 Cross rock L over R, recover weight to R
- 7&8 Step L to L side, close R beside L, make a 1/4 turn L stepping forward on L (3 o'clock)

Section 4 Step 1/2 Turn L, Kick Ball Change, Step Kick, Coaster Step

- 1, 2 Step forward on R, make a 1/2 turn L
- 3&4 Kick R foot forward, step down on R, step down on L
- 5, 6 Step forward on R, kick L foot forward
- 7&8 Step back on L, close R beside L, step forward on L (9 o'clock)

Quelle:

<http://www.bigdavegastap.com/>