

# Wasted Time

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**Count:** 32      **Wall:** 2      **Level:** Intermediate Polka

**Choreographer:** Betty Alart - April 2016

**Music:** Wasted Time - Keith Urban (BPM 133)

## Section 1 : Chasse \*4, full turn, 1/2 turn sweeping, sailor step

**1RF 1/8 Turn R step forward (1.30)**

**&LF Step together**

**2RF Step forward**

**&LF Step together**

**3RF Step forward**

**&LF Step together**

**4RF Step forward**

**&RF Together, turn R**

**5RF Step forwards**

**&LF Together, 1/2 turn R**

**6RF Sweep from front to back**

**7RF Cross behind LF**

**&LF Step L**

**8RF Step R**

## Section 2 : Cross, 1/4 turn L, Hitch backwards \*3, slide, 1/8 L Heel & touch back

**1LF Cross in front of RF**

**2RF 1/4 turn L, step backwards (03:00)**

**&LF Hitch**

**3LF Step backwards**

**&RF Hitch**

**4RF Step backwards**

**&LF Hitch 1/4 turn L (12:00)**

**5 6LF Slide L**

**7RF 1/8 turn left, heel forwards (10:30)**

**&RF Together**

**8LF Touch back**

### **Section 3 : Touch L & R, Bend knees, come up, Step L 1/2 turn R, shuffle L**

**1LF Touch L**

**&LF Together**

**2RF Touch R**

**&RF Together**

**3BF Bend knees**

**4BF Come up**

**5LF step forwards**

**6RF 1/2 turn R, step forwards (04:30)**

**7LF step forwards**

**&LF Together**

**8RF step forwards**

### **Section 4 : Cross,step, sailor heel, full chaine turn L \*2**

**1RF Cross in front of LF**

**2LF 1/8 turn R Step L(06:00)**

**3RF Cross behind LF**

**&LF Step L**

**4RF Heel L**

**&RF Together, 1/8 turn R**

**5LF Step forwards, 1/4 turn L**

**6LF 1/4 turn L, lift knee**

**7RF 5/8 turn L together (09:00)**

**&8LF Step forward, 1,5 full turn L (06:00)**

**TAG : 32 counts at wall 9**

**Section 1 : Heel RF ball step touch behind, step backwards, Heel LF together, apple jack, 1/2 turn apple jack, apple jack \*2**

**1RF Heel forwards (06:00)**

**&RF together**

**2LF heel forwards**

**&RF Touch behind LF**

**3RF step back**

**&LF Heel forwards**

**4LF Together**

**&5RF Apple jack with heel D**

**&6RF 1/2 turn L with Apple jack with heel G(12:00)**

**&7RF Apple jack with heel D**

**&8LF Apple jack with heel D**

**Section 2 : Hitch slide back, stomp \*2, heel \*2, hitch back, heel \*2, stomp \*2**

**1RF Hitch R**

**2RF Slide back**

**3LF Stomp LF**

**4RF Stomp RF**

**5LF Cross heel in front of RF**

**&LF Heel side RF**

**6LF Hitch back, tap hand R with heel L**

**&LF Heel side RF**

**7LF Cross heel in front of RF**

**&LF Stomp LF**

**8RF Stomp RF**

**Section 3 : 1/8 turn step + 1/4 turn together \*2, 1/8 turn + 3/8 turn together, Vaudeville \*2**

**1RF 1/8 turn L, step R (10:30)**

**&LF 1/4 turn R, Together (01:30)**

**2 1/8 turn R, step L (03:00)**

**&LF 1/4 turn R, Together (06:00)**

**3RF 1/8 turn R, step R (07:30)**

**4LF 3/8 turn R, Together (12:00)**

**5RF Cross in front of LF**

**&LF Step L**

**6RF Heel R**

**&RF Side of LF**

**7LF Cross in front of RF**

**&RF Step R**

**8LF Heel L**

#### **Section 4 : Kick ball rock step \*2, 1/2 turn with swivel**

**&LF Together**

**1RF Kick forwards**

**&RF Step forwards**

**2&LF step L, recover**

**3LF Kick forwards**

**&LF Step forwards**

**4&RF Step R, recover**

**5RF Together**

**&LF 1/8 turn R step forwards**

**6BF 1/8 turn R swivel**

**7BF 1/8 turn R swivel**

**8LF 1/8 turn R swivel (06:00)**

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**Last Update - 10th April 2016**