

# Beautiful Waste of Time

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**Count:** 32

**Wall:** 4

**Level:** Improver ECS

**Choreographer:** Christina Yang (Sept. 2014)

**Music:** Beautiful Waste Of Time by Alexia Coley

**Start the dance after 16 counts**

**SECTION1: KICK BALL CHANGE, KICK BALL CHANGE, SIDE LONG STEP, BACKWARD ROCK, RECOVER, SIDE STEP**

**1a2LF forward kick, LF in place, weight transfer to RF,**

**3a4LF forward kick, LF in place, weight transfer to RF**

**5-6LF long step to L side**

**7a8RF backward rock, LF recover, RF side step**

**SECTION2: BACKWARD ROCK, RECOVER, SIDE, 1/4 TURN TO R WITH BACKWARD ROCK, RECOVER, FORWARD, FORWARD SHUFFLE, FORWARD WALK(BEND OF KNEE), FORWARD KICK**

**1a2LF backward rock, RF recover, LF side step**

**3a41/4 turn to R with RF backward rock, LF recover, RF forward walk**

**5a6LF forward walk, RF half closed LF, LF forward walk**

**7-8RF forward walk(bend of knee), LF forward kick**

**SECTION3: COASTER STEP, SIDE SHUFFLE, 1/4 TURN TO L WITH SIDE SHUFFLE, 1/4 TURN TO L WITH SIDE SHUFFLE**

**1a2LF backward walk, RF closed LF, LF forward walk**

**3a4RF side step, LF closed RF, RF side step**

**5a61/4 turn to L with LF side step, RF closed LF, LF side step**

**7a81/4 turn to L with RF side step, LF closed RF, RF side step**

**SECTION4: BACKWARD ROCK RECOVER, FORWARD WALK, 1/4 TURN TO R WITH SWIVEL(WEIGHT ON LF), IN PLACE, 1/4 TURN TO L WITH SWIVEL(WEIGHT ON RF), BACKWARD ROCK, RECOVER**

**1-2LF backward rock, RF recover**

**3-4LF forward, 1/4 turn to R with L heel swivel to L(weight on LF) and R knee straight with toe touch**

**(this action happens over counts 3-4 and smooth rolling hip action)**

**5-6RF in place, 1/4 turn to L with R heel swivel to R(weight on RF) and L knee straight with toe touch**

**(this action happens over counts 5-6 and smooth rolling hip action)**

**7-8LF backward rock, RF recover**

**NO TAG, NO RESTART**

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**<http://www.youtube.com/user/thetrianglelinedance>**