

# Wasted

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**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Tim Gauci , BROKEN HILL, NSW 2880 - Sept. 2015

**Music:** 3am - Meghan Trainor. Album: Title (3.07)

**Begin dance on lyrics, 16 beats in**

**[1-8] STEP/SWEEP, CROSS, BACK, SIDE, CROSS, SIDE, ROCK, CROSS, ROCK, SIDE, CROSS, ¼, ¼, CROSS**

**12&3&4&** Step L fwd sweeping R fwd and over L, step R over L, step L back (&), step R to R, step L over R (&), step R to R, rock weight onto L (&) 12.00

**56&7&8&** Cross R over L, rock weight onto L, step R to R (&), cross L over R, making ¼ turn L step R back (&), making ¼ turn L step L to L, step R over L (&) 6.00

**[9-16] SIDE/Drag, BACK, ROCK, SIDE/Drag, BEHIND, ¼, WALK, WALK, CROSS, SIDE, BEHIND, SIDE\*\***

**12&34&** Step L to L dragging R tog, step R back, rock weight fwd onto L (&), step R to R dragging L tog, step L behind R, making ¼ turn R step R fwd (&) 3.00

**567&8&** Walk L fwd/cross R, walk R fwd/cross L, cross L over R, step R to R (&), step L behind R, step R to R (&)\*\* 3.00

**[17-24] CROSS, ROCK, SIDE, CROSS, SIDE, ROCK, CROSS, SIDE/Drag, BACK, ROCK, SIDE/Drag, BEHIND, ¼**

**12&3&4&** Step L over R, rock weight onto R, step L to L (&), cross R over L, step L to L (&), rock weight onto R, cross L over R (&) 3.00

**56&78&** Step R to R dragging L tog, step L back, rock weight fwd onto R (&), step L to L dragging R tog, step R behind L, making ¼ turn L step L fwd (&) 6.00

**[25-32] SHUFFLE FWD RLR, ROCK, ½, FWD, ROCK, ¼, STEP, PIVOT, FWD, ROCK, TOG**

**1&23&4** Shuffle fwd RLR/hitch L, step L back, making ½ turn R step R fwd (&), step L fwd/hitch R 12.00

**5&6&78&** Step R back, making ¼ turn L step L to L (&), step R fwd, pivot ½ turn L (&), step R fwd/hitch L, rock weight back onto L, step R tog (&) 3.00

**[32] Beats - Repeat dance in new direction**

**Restart: on wall 2 dance up to beat 16&\*\* and Restart dance from beginning facing  
12.00 wall**

**Enjoy**

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