

# Don't Waste Another Day

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**Count:** 40      **Wall:** 4      **Level:** Intermediate NC2S

**Choreographer:** Hayley Wheatley (UK) & Jef Camps (BE) - April 2017

**Music:** "More" by Tyrone Wells (iTunes - album: 'Remain')

## **Intro: 16 counts**

**S1: STEP FWD, CHASE ½ TURN, FULL SPIRAL TURN, STEP, ROCK FWD/RECOVER, RUNS BACK INTO COASTER**

**1RF step forward**

**2&3LF step forward, make ½ turn R putting weight on RF, LF step forward**

**4-5RF step forward and make a full spiral turn L, LF step forward**

**6&RF rock forward, recover on LF**

**7&8&RF small step back, LF small step back, RF step back, LF close next to**

**S2: PRISSY WALKS, STEP, ¼ PIVOT, CROSS, SIDE, TOUCH BEHIND, REVERSE ½ PIVOT, SWEEP, CROSS, SCISSOR STEP**

**1-2RF step forward (slightly across LF), LF step forward (slightly across RF)**

**3&4RF step forward, make ¼ turn L putting weight on LF, RF cross over LF**

**&5LF step side, RF touch behind LF**

**6-7**      Make ½ turn R putting weight on RF & sweep LF forward, LF cross over RF

**8&1RF step side, LF close next to RF, RF cross over LF**

**S3: ¾ TURN, TOUCH SIDE, ½ MONTERY TURN, OUT-OUT, SWAYS, JAZZ BOX INTO PRESS**

**2&3¼ turn R & LF step back back, ½ turn R & RF step forward, LF touch side**

**4&½ turn L & close LF next to RF, RF step out**

**5-6LF step side and push hips L, push hips R and transfer weight to RF**

**7&8&LF cross over RF, RF step back, LF step side, RF press crossed over LF**

**S4: RECOVER/SWEEP BWD, ROCK BACK/RECOVER, STEP,  $\frac{3}{4}$  PIVOT TURN, SWAYS, CROSS,  $\frac{1}{2}$  HINGE TURN**

1 Recover on LF while sweeping RF backwards

2-3RF rock back while popping L knee up (u can lean/sit back for styling), recover on LF

4&RF step forward, make  $\frac{3}{4}$  turn L putting weight on LF

5-6RF step side and sway hips R, push hips L and transfer weight to LF

7&8&RF cross over LF,  $\frac{1}{4}$  turn R & LF step back,  $\frac{1}{4}$  turn R & RF step side, LF cross over RF

**S5: NC BASIC,  $\frac{1}{4}$  DIAMOND PATTERN,  $\frac{1}{4}$  TURN FWD, CHASE  $\frac{1}{2}$  TURN, FULL TURN TRAVELLING FWD**

1-2&RF big step side, LF close next to RF, RF step slightly across LF

3-4&LF big step side,  $\frac{1}{8}$  turn R & RF step back, LF step back

5 $\frac{3}{8}$  turn R & RF step forward

6&7LF step forward, make  $\frac{1}{2}$  turn R putting weight on RF, LF step forward

8& $\frac{1}{2}$  turn L & RF step back,  $\frac{1}{2}$  turn L & LF step forward

**Start over & have fun!**

**Restart: in wall 3 you'll dance up to counts 8& (1st section) and will restart dancing to 12:00**

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