

# FAVOURITE WASTE OF TIME

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Dee Musk (UK) Sept 08

**Music:** My Favourite Waste Of Time by Owen Paul (CD: 128bpm)

**Approx 3mins 28 secs - 32 Count Intro - start just after main vocals. Approx 16 seconds.**

## **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).

## **Walk, Step ½ Turn R, Step, Skate R, L, R, L.**

- 1-2**            Walk forward R, step forward on L.
- 3-4**            Make a ½ turn R, step forward on L.
- 5-8**            Travelling forward skate, R, L, R, L. (6 o'clock).

## **Back Rock, Side Shuffle, Cross Rock, Side Together ¼ 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 ¼ turn L stepping forward on L. (3 o'clock).

## **Step ½ Turn L, Kick Ball Change, Step Kick, Coaster Step.**

- 1,2**            Step forward on R, make a ½ 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).

## **Sing Along and Enjoy Luv Dee xx**