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# Wasted Days

**Choreographer:** Francien Sittrop

**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Music:** "Wasted Days" by Trudy Kits

**Intro: Start on Vocals on the Word "Nights"**

**(1-9) Rock, Recover, Ball Cross, ¼ Turn R Shuffle fwd, L Mambo fwd, Coaster step**

1-2 Rock R fwd, Recover on L  
&3 Step R next to L, Step L across R  
4&5 ¼ Turn R and shuffle Fwd with R, L, R (3.00)  
6&7 Rock L fwd, Recover on R, Step L back  
8&1 Step R back, Step L next to R, Step R fwd

**(10-17) Step fwd, Pivot ½ Turn, Full Turn R, Kick Ball Cross, Side Rock, Recover, Cross**

2-3 Step L fwd, Pivot ½ Turn R (9.00)  
4&5 Triple Full Turn R with L,R,L (option: Shuffle fwd)  
6&7 Kick R fwd, Step R down, Step L across R  
8&1 Rock R to R side, Recover on L, Step R across L

**(18-24) Side Shuffle, Sailor ¼ Turn R, Kick fwd, Step, R. Heel grind, Step**

2&3 Step L to L side, Step R next to L, Step L to L side  
4&5 Step R behind L with ¼ Turn R, Step L to L side, Step R to R side (12.00)  
6& Kick L fwd, Step L down  
7-8 Step On R Heel with Toes L, Turn on R heel with toes to the R(7), Recover on L  
& Step R next to L

**Option Heel grind: Rock steps: Rock R fwd, Recover on L, Step R next to L**

**(25-32) L Heel Grind, Step, Step fwd, Pivot ¼ Turn L, Cross, Side, Hip sways**

1-2 Step on L Heel with toes R, Turn on L Heel with Toes to L(1), Recover on R  
& Step L next to R  
3-4 Step R fwd, Pivot ¼ Turn L (9.00)  
5-6 Step R across L, Step L to L side  
7-8 Sway Hips R, Sway Hips L

**Option Heel grind: Rock steps: Rock L fwd, Recover on R, Step L next to R**

## Start Again

**ENDING: Last wall ends on the 3.00 wall. Count 31-32 : Sway Hips R, Sway Hips L with ¼ Turn L to end to the 12.00 Wall.**



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