

Wasted Days & Nights

Choreographer: John Warnars

Count: 32

Wall: 4

Level: Intermediate

Intro: 16 counts

Music: "Wasted Days And Wasted Nights" by Leann Rimes



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(01 – 09) STEP $\frac{1}{4}$ TURN R, L STEP, $\frac{1}{2}$ TURN R, $\frac{1}{4}$ TURN R, SAILOR CROSS, DIAG.

L ROCK, RECOVER, L COASTER CROSS;

- 1 RF step with $\frac{1}{4}$ turn right forwards (3)
- 2 LF step forwards
- & RF+LF make a $\frac{1}{2}$ turn right (9)
- 3 LF step with $\frac{1}{4}$ turn right to left side (12)
- 4 RF cross step behind LF
- & LF step to left side
- 5 RF cross step over LF
- 6 LF rock diagonal left forwards (push)
- 7 RF rock back on RF
- 8 LF step backwards
- & RF step next to RF
- 1 LF cross step over RF

(10 – 17) FULL RUMBA BOX, ROCK, RECOVER, $\frac{1}{2}$ SHUFFLE TURN R;

- 2 RF step to right side
- & LF step next RF
- 3 RF step backwards
- 4 LF step to left side
- & RF step next LF
- 5 LF step forwards
- 6 RF rock forwards
- 7 LF rock back on LF
- 8 RF step with $\frac{1}{4}$ turn to right side (3)
- & LF step next RF
- 1 RF step with $\frac{1}{4}$ turn right forwards (6)

(18 – 25) L STEP, $\frac{1}{2}$ TURN R, $\frac{1}{4}$ TURN R, R CROSS SHUFFLE, ROCK SWAYS L+R, SIDE SHUFFLE $\frac{1}{4}$ TURN L;

- 2 LF step forwards
- & RF+LF make a $\frac{1}{2}$ turn right (12)
- 3 LF step with $\frac{1}{4}$ turn right to left side (3)
- 4 RF cross step over LF
- & LF step next RF
- 5 RF cross step over LF
- 6 LF rock/sway to left side
- 7 RF sway to right side (weight on RF)
- 8 LF step to left side
- & RF step next LF
- 1 LF step with $\frac{1}{4}$ turn left forwards (12)

(26 – 32&) R STEP, $\frac{1}{2}$ SWIVEL L, $\frac{1}{2}$ SWIVEL R, $\frac{1}{4}$ SWIVEL L, L SAILOR STEP, ROCK $\frac{1}{4}$ TURN R;

- 2 RF step forwards
- 3 LF+RF $\frac{1}{2}$ swivel turn left & slightly bending knees (6) (weight on RF)
- 4 RF+LF $\frac{1}{2}$ swivel turn right & stretching legs (12) (weight on LF)
- 5 LF+RF $\frac{1}{4}$ swivel turn left (9) (weight on RF)
- 6 LF cross step behind RF
- & RF step to right side
- 7 LF step to left side
- 8 RF cross rock over LF
- & LF rock back on LF

Start Again

