

Wasted Days

Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Francien Sittrop, NL

Music: "Wasted Days" by Trudy Kits



www.country-stafke.be

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.