

# **WASTED DAYS & NIGHTS**

**Choreographer:** John Warnars

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Intro:** 16 counts

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



[www.country-stafke.be](http://www.country-stafke.be)

**(01 – 09) STEP ¼ TURN R, L STEP, ½ TURN R, ¼ TURN R, SAILOR CROSS, DIAG.**

**L ROCK, RECOVER, L COASTER CROSS;**

- 1 RF step with ¼ turn right forwards (3)
- 2 LF step forwards
- & RF+LF make a ½ turn right (9)
- 3 LF step with ¼ 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, ½ 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 ¼ turn to right side (3)
- & LF step next RF
- 1 RF step with ¼ turn right forwards (6)

**(18 – 25) L STEP, ½ TURN R, ¼ TURN R, R CROSS SHUFFLE, ROCK SWAYS L+R, SIDE SHUFFLE ¼ TURN L;**

- 2 LF step forwards
- & RF+LF make a ½ turn right (12)
- 3 LF step with ¼ 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 ¼ turn left forwards (12)

**(26 – 32&) R STEP, ½ SWIVEL L, ½ SWIVEL R, ¼ SWIVEL L, L SAILOR STEP, ROCK ¼ TURN R;**

- 2 RF step forwards
- 3 LF+RF ½ swivel turn left & slightly bending knees (6) (weight on RF)
- 4 RF+LF ½ swivel turn right & stretching legs (12) (weight on LF)
- 5 LF+RF ¼ 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**