



Approved by:



# Time Well Wasted

## 4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Step, Half Rumba Box, Shuffle 1/4, Pivot 1/2, Turn 1/2, Back Rock, Step</b>		
1	Step left forward	Step	Forward
2 & 3	Step right to side. Step left beside right. Step right back.	Side Together Back	Right
4 & 5	Step left to side. Step right beside left. Turn 1/4 left stepping left forward.	Side Together Turn	Turning left
6 & 7	Step right forward. Pivot 1/2 left. Turn 1/2 left stepping right back.	Step Pivot Turn	Turning left
8 & 1	Rock left back. Recover onto right. Step left forward.	Back Rock Step	Forward
<b>Section 2</b>	<b>Rock &amp; 1/4, Back Rock, 1/4, Back Rock, Step, Step, 1/4, Cross</b>		
2 & 3	Rock right forward. Recover onto left. Turn 1/4 right stepping right long step to side.	Rock & Turn	Turning right
4 & 5	Rock left behind right. Recover onto right. Turn 1/4 right stepping left back.	Back Rock Turn	
6 & 7	Rock right back. Recover onto left. Step right forward.	Back Rock Step	Forward
8 & 1	Step left forward. Step right 1/4 turn right. Cross left over right.	Step Turn Cross	Turning right
<b>Section 3</b>	<b>Sway x 2, Behind Side Cross, 1/4 Turn x 2, Step, Rock</b>		
2 - 3	Sway right stepping right to side. Sway left stepping left to side.	Sway Sway	On the spot
Restart	Wall 3: Step right beside left then restart dance from the beginning.		
4 & 5	Cross right behind left. Step left to side. Cross right over left.	Behind Side Cross	Left
6 &	Turn 1/4 right stepping left back. Turn 1/4 right stepping right to side.	Turn Turn	Turning right
7 - 8	Step left forward. Rock right forward.	Step Rock	Forward
<b>Section 4</b>	<b>Recover, Back Lock Right, 1/4 Sweep, Sailor Step, Step, 1/2 Pivot, Step</b>		
1 & 2	Recover onto left. Step right back. Lock left across right.	Recover Back Lock	Back
& 3	Step right back. Make 1/4 turn left sweeping left foot round.	Back Turn	Turning left
4 & 5	Cross left behind right. Step right to right side. Step left to place.	Sailor Step	On the spot
6 - 7 - 8	Step right forward. Pivot 1/2 turn left. Step right forward.	Step Turn Step	Turning left

**4 Wall Line Dance:** 32 Counts. Intermediate Level

**Choreographed by:** Steve Mason and Claire Ball (UK) 2006

**Choreographed to:** 'Time Well Wasted' by Brad Paisley (77 bpm) from CD Time Well Wasted (16 count intro)

**Restart:** There is one restart during Wall 3 - Dance first two counts of section 3, then step right beside left and start the dance again from beginning.