

Don't Wanna Waste My Life

32 Count, 4 Wall, Improver

Choreographer: Kumari Tugnait (UK) January 2008

Choreographed to: Wasted by Carrie Underwood,

CD: Some Hearts

Start 24 count intro from heavy beat

RIGHT KICK BALL STEP, SWAYS, RIGHT SAILOR, LEFT SAILOR

- 1 & 2 Kick right foot forward, step right in place, step forward on left
3 - 4 Step right to right side swaying out to right, sway onto left
5 & 6 Step right foot behind left, step left to left side, step right to right side
7 & 8 Step left foot behind right, step right to right side, step left to left side

ROCK BACK RECOVER, STEP ¼ TURN LEFT, SYNCOPATED RIGHT JAZZ BOX

- 1 - 2 Rock back on right foot, recover forward onto left
3 - 4 Step forward on right, make ¼ turn left stepping on left foot
5 - 6 Cross step right over left, step back on left
& 7 - 8 Step small step to right side, cross step left over right, step right to right side

ROCK BACK SIDE x 2, TOUCH UNWIND ½ TURN LEFT, RIGHT TOE PRESS RECOVER

- 1 & 2 Rock left behind right, recover on right, step left to left side
3 & 4 Rock right behind left, recover on left, step right to right side
5 - 6 Touch left toe behind right, unwind half turn left (weight ends on left foot)
7 - 8 Press right toe forward, recover back onto left foot

RIGHT LOCK BACK, LEFT COASTER, STEP ½ PIVOT LEFT x 2

- 1 & 2 Step back on right, lock step left across front of right, step back on right
3 & 4 Step back on left, step right beside left, step forward on left
5 - 6 Step forward on right, pivot half turn left
7 - 8 Step forward on right, pivot half turn left

(Counts 5 - 8 can be replaced by a right rocking chair:

rock forward on right, recover on left, rock back on right, recover on left)

Music download available from iTunes