

## Wasted Days And Nights

32 Count, 4 Wall, Intermediate

Choreographer: John Warnars (NL) October 2011

Choreographed to: Wasted Days And Wasted Nights,

CD: Lady &amp; Gentlemen (83 bpm)

---

Intro 16 counts (0:14 sec.)

**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
  - 1 RF start again (step with ¼ turn right forwards)
-