

# Wasted Days & Nights

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** John Warnars (NL) 01 Oktober 2011

**Music:** Leann Rimes - Wasted Days And Wasted Nights. CD "Lady & Gentlemen" (83bpm)

**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;**

**1RF step with ¼ turn right forwards (3)**

**2LF step forwards**

**&RF+LF make a ½ turn right (9)**

**3LF step with ¼ turn right to left side (12)**

**4RF cross step behind LF**

**&LF step to left side**

**5RF cross step over LF**

**6LF rock diagonal left forwards (push)**

**7RF rock back on RF**

**8LF step backwards**

**&RF step next to RF**

**1LF cross step over RF**

**(10 - 17) FULL RUMBA BOX, ROCK, RECOVER, ½ SHUFFLE TURN R;**

**2RF step to right side**

**&LF step next RF**

**3RF step backwards**

**4LF step to left side**

**&RF step next LF**

**5LF step forwards**

**6RF rock forwards**

**7LF rock back on LF**

**8RF step with  $\frac{1}{4}$  turn to right side (3)**

**&LF step next RF**

**1RF step with  $\frac{1}{4}$  turn right forwards (6)**

**(18 - 25) L STEP,  $\frac{1}{2}$  TURN R,  $\frac{1}{4}$  TURN R, R CROSS SHUFFLE, ROCK SWAYS L+R, SIDE SHUFFLE  $\frac{1}{4}$  TURN L;**

**2LF step forwards**

**&RF+LF make a  $\frac{1}{2}$  turn right (12)**

**3LF step with  $\frac{1}{4}$  turn right to left side (3)**

**4RF cross step over LF**

**&LF step next RF**

**5RF cross step over LF**

**6LF rock/sway to left side**

**7RF sway to right side (weight on RF)**

**8LF step to left side**

**&RF step next LF**

**1LF step with  $\frac{1}{4}$  turn left forwards (12)**

**(26 - 32&) R STEP,  $\frac{1}{2}$  SWIVEL L,  $\frac{1}{2}$  SWIVEL R,  $\frac{1}{4}$  SWIVEL L, L SAILOR STEP, ROCK  $\frac{1}{4}$  TURN R;**

**2RF step forwards**

**3LF+RF  $\frac{1}{2}$  swivel turn left & slightly bending knees (6) (weight on RF)**

**4RF+LF  $\frac{1}{2}$  swivel turn right & stretching legs (12) (weight on LF)**

**5LF+RF  $\frac{1}{4}$  swivel turn left (9) (weight on RF)**

**6LF cross step behind RF**

**&RF step to right side**

**7LF step to left side**

**8RF cross rock over LF**

**&LF rock back on LF**

**1RF start again (step with  $\frac{1}{4}$  turn right forwards)**