

Favourite Waste Of Time

32 Count, 4 Wall, Improver

Choreographer: Dee Musk (UK) Sept 2008

Choreographed to: My Favourite Waste Of Time by
Owen Paul, Album: Hits of the 80's (128 bpm)

32 Count Intro - start just after main vocals. Approx 16 seconds.

CROSS BACK, SIDE SHUFFLE, CROSS BACK SIDE SHUFFLE.

- 1,2 Cross step R over L, step back on L.
3&4 Step R to R side, close L beside R, step R to R side.
5,6 Cross step L over R, step back on R.
7&8 Step L to L side, close R beside L, step L to L side. (12 o'clock).

WALK, STEP ½ TURN R, STEP, SKATE R, L, R, L.

- 1-2 Walk forward R, step forward on L.
3-4 Make a ½ turn R, step forward on L.
5-8 Travelling forward skate, R, L, R, L. (6 o'clock).

BACK ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE TOGETHER ¼ TURN L.

- 1,2 Cross rock R behind L, recover weight to L.
3&4 Step R to R side, close L beside R, step R to R side.
5-6 Cross rock L over R, recover weight to R.
7&8 Step L to L side, close R beside L, make a ¼ turn L stepping forward on L. (3 o'clock).

STEP ½ TURN L, KICK BALL CHANGE, STEP KICK, COASTER STEP.

- 1,2 Step forward on R, make a ½ turn L.
3&4 Kick R foot forward, step down on R, step down on L.
5,6 Step forward on R, kick L foot forward.
7&8 Step back on L, close R beside L, step forward on L. (9 o'clock).

Sing Along and Enjoy Luv Dee xx

Music download available from Tesco