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## **Don't Waste Another Day**

40 Count, 4 Wall, Intermediate Choreographer: Hayley Wheatley (UK) & Jef Camps (BE) Apr 2017

Choreographed to: More by Tyrone Wells

Intro: 16 Counts

Section 1: Step Fwd, Chase ½ Turn, Full Spiral Turn, Step, Rock Fwd/Recover, Runs Back Into

Coaster

1 RF step forward

2&3 LF step forward, make ½ turn R putting weight on RF, LF step forward

4-5 RF step forward and make a full spiral turn L, LF step forward

6& RF rock forward, recover on LF

7&8& RF small step back, LF small step back, RF step back, LF close next to

Section 2: Prissy Walks, Step, ¼ Pivot, Cross, Side, Touch Behind, Reverse ½ Pivot, Sweep,

**Cross, Scissor Step** 

1-2 RF step forward (slightly across LF), LF step forward (slightly across RF) 3&4 RF step forward, make ¼ turn L putting weight on LF, RF cross over LF

&5 LF step side, RF touch behind LF

6-7 Make ½ turn R putting weight on RF & sweep LF forward, LF cross over RF

8&1 RF step side, LF close next to RF, RF cross over LF

Section 3: <sup>3</sup>/<sub>4</sub> Turn, Touch Side, <sup>1</sup>/<sub>2</sub> Montery Turn, Out-Out, Sways, Jazz Box Into Press

2&3 ¼ turn R & LF step back, ½ turn R & RF step forward, LF touch side

4& ½ turn L & close LF next to RF, RF step out

5-6 LF step side and push hips L, push hips R and transfer weight to RF 7&8& LF cross over RF, RF step back, LF step side, RF press crossed over LF

Section 4: Recover/Sweep Bwd, Rock Back/Recover, Step, 3/4 Pivot Turn, Sways, Cross, 1/2

**Hinge Turn** 

1 Recover on LF while sweeping RF backwards

2-3 RF rock back while popping L knee up (you can lean/sit back for styling), recover on LF

4& RF step forward, make 3/4 turn L putting weight on LF

5-6 RF step side and sway hips R, push hips L and transfer weight to LF

7&8& RF cross over LF, 1/4 turn R & LF step back, 1/4 turn R & RF step side, LF cross over RF

Section 5: NC Basic, ¼ Diamond Pattern, ¼ Turn Fwd, Chase ½ Turn, Full Turn Travelling Fwd

1-2& RF big step side, LF close next to RF, RF step slightly across LF

3-4& LF big step side, 1/8 turn R & RF step back, LF step back

5 3/8 turn R & RF step forward

6&7 LF step forward, make ½ turn R putting weight on RF, LF step forward

8& ½ turn L & RF step back, ½ turn L & LF step forward

Start Over & Have Fun!

Restart: In Wall 3 You'll Dance Up To Counts 8& (1st Section) And Will Restart Dancing To

12:00