

Triple Cross



mishnockbarn.com
mishnockbarn@gmail.com

Choreographed by Dan Albro (5/11/16)

Description: 32 count, Intermediate Level Partner Dance

Music: **"Wasted Time"** by Keith Urban

Intro: 16 counts

Start: Men facing OLOD, ladies facing ILOD, 2 feet apart (No hands)
Men's footwork described, ladies opposite except where noted.

1-8 SUGAR FOOT, ROCKING CHAIR, SUGAR FOOT, ROCK, REPLACE, TOUCH

1&2 Touch L toe next to R, touch L heel next to R, stomp L fwd

3&4& Rock fwd R, replace weight on L, rock back R, replace weight on L

5&6 Touch R toe next to L, touch R heel next to L, stomp R fwd

7&8 Rock fwd L, replace weight on R, touch L toe next R

Hands On count 7 pick up both hands into two hand hold.

9-16 SHUFFLE SIDE, SHUFFLE FWD, TWO ½ TURNS TRAVELING FLOD, ¼ TURN SHUFFLE SIDE

1&2 Step side L, step R next to L, step side L (*release ladies right hand*)

3&4 Step fwd R, step L next to R, step fwd R (*bring ladies left hand fwd to prep turn*)

5,6 Turn ½ right stepping back L, turn ½ right stepping fwd R

Hands: Bring ladies left hand back on count 5 then release it as you both turn traveling FLOD

7&8 Turn ¼ right stepping side L (facing OLOD), step R next to L, step side L

Hands: Pick up ladies left hand w/ mans right on count 7, back to two hand hold by count 8

17-24 SAILOR SHUFFLE, SAILOR SHUFFLE, SIDE, BEHIND & CROSS & CROSS & CROSS

1&2 Cross step R behind L, step side L, step side R

3&4 Cross step L behind R, step side R, step side L

5&6 Cross step R behind L, step side L, cross step R over L

&7&8 Step side L, cross step R over L, step side L, cross step R over L

25-32 ROCK SIDE, REPLACE, WEAVE, ROCK SIDE, REPLACE, COASTER STEP

1,2,3&4 Rock side L, replace weight R, cross step L behind R, step side R, cross step L over R

5,6,7&8 Rock side R, replace weight L, step back R, step back L next to R, step fwd R

Hands: Release both hands on count 6 as you push away for coaster step.