WASTED DAYS
AND WASTED NIGHTS

Composers: Jim & Bonnie Bahr - 4420 Tennyson St., Denver, CO 80212 (303) 447-1594
Record: Collectables COL 3833 "Wasted Days & Wasted Nights" by Freddy Fender
Rhythm: West Coast Swings Phase IV+2 (Triple Travel with Roll - unphased Turkey Walks)
Footwork: Opposite (except as noted)
Sequence: INTRO AB AB A(1-7) ENDING

MEAS

INTRO

SWIVEL TO FACE
Back to back position M facing DRW (W DW) M L shoulder (W R shoulder) touching-L hand
(W R hand ) joined low - R hand on hip (W L hand) WAIT PIANO ROLL- BEFORE WORDS
STEP AWAY ON RIGHT TO RLOD (W LEFT TO LOD) SWIVEL LEFT FACE (W RIGHT
FACE) TO FACE PARTNER - HOLD WORDS "WASTED DAYS & WASTED" A STARTS
ON THE WORD "NIGHTS" IN LOP FACING LOD

PART A

1 - 8  TOG 2 (CP WALL) TURNING BASIC (CP COH)- SLINGSHOT THROWOUT:::
(LOP feg RLOD) UNDERARM TURN (Both feg WALL) - TURKEY WALKS
HANDBS ON HIPS (LOP feg RLOD) SUGAR PUSH::::::
1-2  Tog to CP Turning Basic LOP feg LOD Bkng down RLOD M bk L, fwd R blending to
CP WALL(W fwd L), sd L trn RF / cl R , sd L; cont RF trn sd R / cl L, sd R, CP COH
Slingshot throwout weight on R leaving L extended,-; (W rk bk R, rec L)
3-4  , rec L (W fwd R / fwd L, fwd R 1/2 trn LF end in LOP feg M), XRIB / sd L, sd R;(W
bk L / cl R, fwd L;) M feg RLOD Underarm Turn Bk L,sm fwd R trn RF, cont trn RF sd
& fwd L / cl R, fwd L;(W fwd R, fwd L, under joined lead hands fwd R/L, R trn LF)
5-6  Maintain joined hands low between partner both facing WALL XRIB / sd L, sd R, (W sd
L / cl R, sd L) both feg WALL W to M's left side no hands joined Turkey Walks
"sideward rock the boat action" M traveling LOD behind W (W traveling RLOD in front
of M) hands on hips for both sd L, cl R; sd L, cl R, sd L, cl R;
7-8  Sd L trn RF, cl R feg RLOD in LOP feg (W sd R trn LF, cl L feg LOD) Sugar Push Bk L,
bk R; tch L, fwd L, XRIB / sd L, sd R (W bk L / cl R, fwd L), LOP feg RLOD
9 -16  TOG 2 (CP COH) TURNING BASIC (CP WALL) - SLINGSHOT THROWOUT:::
(LOP feg LOD) UNDERARM TURN (Both feg COH) - TURKEY WALKS HANDS
UP (LOP feg LOD) SUGAR PUSH::::::
9-16  Repeat measures 1-8 of PART A in opposite direction - changing turkey walks with arms
out to the side with hands up flourishing fingers
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PART B

1-8 UNDERARM TURN - TRIPLE TRAVEL WITH ROLL - KICK BALL CHANGE

::: SOLE TAP - TRIPLE; SIDE PASS TO TANDEM; CROSS WALK 2 LADY TURNS:

1-2 Underarm Turns Bk L trn RF, fwd R twd W's R side trn RF, (W fwd R, fwd L,) fwd L / cl R, fwd L; (W under join lead hands fwd R / fwd L, fwd R trn LF;) sd chasse R / L, R RLOD R hand star M fcg Wall, Roll 1 1/2 RF L, R (W RF) L hand star;

3-4 Sd chasse trn 1/2 LF L / R, L to R handstar (W LF), sd chasse trn 1/2 RF L / R, L to R hand star (W RF), sd chasse trn 1/2 LF L / R, L to R hand star (W LF), roll LF full trn R, L (W roll 1 1/4 LF) join lead hands;

5-6 XRIB / sd L, sd R (W bk L / cl R, fwd L), LOP fcg RLOD Kickball Change kick fwd L, cl L ball of foot / cl R; Sole Tap fwd L trn 1/4 RF (W LF) to fc COH, swing R behind L (W L behind R) with knee bent tap sole fo M's R shoe to sole of W's L shoe, bk R / sd L sd R (W bk L / cl R, fwd L); LOP fcg RLOD

7-8 Side pass to Tandem bk L, rec R, fwd L M's L hand on W's L hip, fwd R M's both hands on W's hips in tandem M behind W fcg LOD; (W fwd R, fwd L, fwd R, fwd L;) Cross walk 2 Lady Turns fwd cross L in front of R, fwd cross R in front of L, (W fwd cross R in front of L, fwd cross L in front R, looking back at M) fwd L, rec R (W fwd R, fwd L trn 1/2 RF to fc M); end in LOP fcg LOD

ENDING

ONE MEASURE HIP BUMP 3 & SIT

1 Bk L, rec fwd R trn 1/4 RF, bring L knee up with hips touching & cont to trn rolling bottoms, fwd L twds LOD away from partner swiveling to fc RLOD & partner R hand on R leg L hand on hip in a sitting position; (W fwd R, fwd L trn 1/4 LF, bring R knee up with hips touching & cont to trn rolling bottoms, fwd R twds RLOD away from partner swiveling to fc LOD & partner L hand on L leg R hand on hip in a sitting position looking at each other);