

Not So Dirty Dancing

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Joni Duff (USA)

Musik: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



MAMBO FORWARD, BACK, LEFT, RIGHT

- 1&2 Step left foot forward, step right foot in place, step left foot beside right foot
3&4 Step right foot back, step left foot in place, step right foot beside left foot
5&6 Step left foot to left side, step right foot in place, step left foot beside right foot
7&8 Step right foot to right side, step left foot in place, step right foot beside left foot

STEP, TURN ½ RIGHT, SHUFFLE ¼ TURN RIGHT

- 9-10 Step left foot forward, pivot ½ turn to right and step on right foot (weight on right foot)
11 Step left foot forward starting ¼ turn to right
& Step right foot next to left foot finishing turn
12 Step left foot next to right foot

ROCK BACK, FORWARD, SHUFFLE FORWARD

- 13 Step back on right foot
14 Step left foot in place
15 Step right foot forward
& Step left foot next to right foot
16 Step right foot forward

LEFT LOCK STEP, LOCK SHUFFLE

- 17 Step left foot forward and at angle to left (about 11:00)
18 Lock right foot behind left foot
19&20 Step left foot forward, right foot behind left foot, left foot forward

RIGHT LOCK STEP, LOCK SHUFFLE

- 21 Step right foot forward and at angle to right (about 1:00)
22 Lock left foot behind right foot
23&24 Step right foot forward, left foot behind right foot, right foot forward

½ VINE LEFT, SWAY SHOULDERS LEFT, RIGHT, LEFT

- 25 Step left foot to left
26 Step right foot behind left foot
27&28 Step left foot to left and sway your shoulders left, right, left

Have fun with this by letting your body follow your shoulders so that your body has a ripple effect

½ VINE RIGHT, SWAY SHOULDERS RIGHT, LEFT, RIGHT

- 29 Step right foot to right
30 Step left foot behind right foot
31&32 Step right foot to right and sway your shoulders right, left, right

For beats 27&28 and 31&32, hip bumps can be substituted for the shoulder moves

REPEAT