

# The Time Of My Life

**COPPERKNOB**  
BY STEPHEN HETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Michael Lynn (UK)

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



## FORWARD RIGHT MAMBO, BACK LEFT MAMBO, SIDE MAMBOS

- 1&2 Rock forward right, recover weight onto left, step right beside left  
3&4 Rock back onto left, recover weight onto right, step left beside right  
5&6 Rock backward right, recover weight onto left, step right beside left  
7&8 Rock left to left side, recover weight onto right, step left beside right

## SYNCOPATED WEAVE, RIGHT SAILOR STEP, LEFT SAILOR STEP ¼ TURN RIGHT, FLICK

- 1&2 Cross right over left, step left to left side, cross right behind left  
3&4 Step left to left side, cross left over right, step left to left side  
5&6 Cross right behind left, step left to left side, step right to place  
7&8& Cross left behind right, right foot ¼ turn right, point left to left side, flick heel

## SYNCOPATED JAZZ BOX, CROSS RIGHT SHUFFLE, SIDE SWITCHES, HEEL SWITCHES

- 1&2 Cross left over right, step back on right, step left to left side  
3&4 Cross right over left, step left to left side, cross right over left  
5&6& Touch left toe to left side, step left beside right, touch right toe to right side, step right beside left  
7&8 Touch left heel forward, step left beside right, touch right heel forward

## BACK RIGHT SHUFFLE, ROCK 'N' CROSS, BEHIND SIDE CROSS, TRIPLE TURN

- 1&2 Step back right, close left beside right, step back right  
3&4 Side rock left to left side, recover weight onto right, cross left over right  
5&6 Step right to right side, cross left behind right, step right to right side  
7&8 Triple step ¾ turn right, stepping - right, left, right

## REPEAT

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