

The Time of My Life

COPPERKNOB
BY SHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Shou-Lien Liu - June 2015

Music: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes : (Album: Dirty Dancing)



Add right arm movement when female chorus begins

Intro: 16 counts

- 1-4 Turn ½ right while step left to side, turn ½ left while step left to side
- 5&6 Mambo right forward
- 7&8 Mambo left back
- 9&10 Mambo right forward
- 11&12 Mambo left back
- 13-16 Step right forward, pivot ½ turn left, Step right forward, pivot ½ turn left

DANCE:-

STEP TOUCH FORWARD, STEP TOUCH BACK

- 1-4 Step right forward, touch left forward, step left back, touch right back
- 5-8 Same as 1-4

CROSS ROCK, FULL TURN RIGHT, MAMBO RIGHT & LEFT

- 9-10 Cross rock right over left, recover left back
- 11-12 Turn ½ right step right forward, turn ½ right step left together
- 13&14 Rock right to side, recover left, step right together
- 15&16 Rock left to side, recover right, step left together

TOE HEEL FLICK SHUFFLE

- 17-20 Touch right toe heel flick, step right forward, step left together, step right forward
- 21-24 Touch left toe heel flick, step left forward, step right together, step left forward

ROCK FORWARD, SHUFFLE TURN ½ RIGHT, ROCK FORWARD, SAILOR TURN ¼ LEFT

- 25-26 Rock right forward, recover left back
- 27&28 Step right left right while turning ½ right
- 29-30 Rock left forward, recover right back,
- 31&32 Sweep left back while turning ¼ left, step right left together

REPEAT

Restart on wall 5 (12:00) after 16 counts

Tag on wall 11 (3:00) after count 16

- 1-12 Step right to side, touch left together, step left to side, touch right together (3 sets from 3:00 to 12:00)
- 13-16 Step right, kick left, step left, kick right
- 17-20 Mambo right and mambo left
- 21-24 Step right, kick left, step left, kick right
- 25-28 Mambo right and mambo left

Right arm movement, step right forward, both arms brush hair around neck through chest

- 1&2 Swing hips right left right
- 3&4 Swing hips left right left

Ending: Start dance @ 3:00, complete 16 counts, step right forward, pivot ¼ turn left, POSE

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