

# The Time of My Life

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Shou-Lien Liu - June 2015  
音乐: (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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