

# Not So Dirty Dancing

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Joni Duff (USA)  
音乐: (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