

Time Of My Life

COPPER **KNOB**
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
编舞者: DJ Dan (NL) & Wynette Miller (NL)
音乐: Time of My Life - George Fox



SHUFFLE FORWARD RIGHT-LEFT; MAMBO FORWARD, SHUFFLE ½ TURN

1&2 Shuffle forward stepping right, left, right
3&4 Shuffle forward stepping left, right, left
5&6 Rock right forward, recover weight onto left, step right slightly back
7&8 Shuffle ½ turn left stepping left, right, left (6:00)

SHUFFLE FORWARD RIGHT-LEFT; MAMBO FORWARD, SHUFFLE BACK

1&2 Shuffle forward stepping right, left, right
3&4 Shuffle forward stepping left, right, left
5&6 Rock right forward, recover weight onto left, step right slightly back
7&8 Shuffle back stepping left, right, left

SHUFFLE ½ TURN, ¼ TURN CHASSE; SAILOR STEPS RIGHT-LEFT

1&2 Shuffle ½ turn right stepping right, left, right (12:00)
3&4 Make ¼ turn right step left to left side, step right next to left, step left to left side (3:00)
5&6 Cross right behind left, step left to left side, step right to right side
7&8 Cross left behind right, step right to right side, step left to left side

BEHIND-SIDE-CROSS, RUMBA BOX, SHUFFLE BACK

1&2 Cross right behind left, step left to left side, cross right over left
3&4 Step left to left side, step right next to left, step left forward
5&6 Step right to right side, step left next to right, step right back
7&8 Shuffle back stepping left, right, left

COASTER STEP, SIDE ROCK-STEP FORWARD LEFT-RIGHT-LEFT

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

REPEAT
