

# Time Of My Life

COPPER KNOB  
BY STEPHENETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Michael Vera-Lobos (AUS)  
音乐: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



## STEP FORWARD, ½ STEP, ½ SHUFFLE, ROCK FORWARD, ROCK BACK, STEP BACK, ½, STEP FORWARD

- 1-2-3&4      Step forward right, turning ½ right traveling forward step onto left, turning a further ½ right shuffle right, left, right (12:00)  
5-6-7&8      Rock forward left, rock back on right, step back left & turning ½ right step onto right, step forward on left (6:00)

## OUT-OUT, CROSS, OUT-OUT, CROSS, STEP FORWARD, DRAG, BALL STEP, ¼ PIVOT

- &1-2&3-4      Traveling forward - rock right to right side and replace weight on left, cross step right over left, rock left to left side and replace weight on right, cross step left over right  
5-6&7-8      Step forward right, drag left toe towards right (keep weight right), step left beside right stepping forward onto right, pivot ¼ left (end weight left) (end facing 3:00)

## CROSS STEP, ¼ RIGHT, ¼ RIGHT, CROSS STEP, ¼ LEFT, ¼ LEFT, CROSS, FULL TURN, STEP FORWARD ½ PIVOT

- 1&2-3&4      Traveling left - cross step right over left & turning ¼ right step back on left, turn a further ¼ right stepping right to right, cross step left over right & turning ¼ left step back on right, turn a further ¼ left stepping left to left  
5-6-7-8      Cross right toe over left, turn a full turn left keeping weight on left, step forward on right, pivot ½ left (end weight left at 9:00)

## CROSS ROCK/REPLACE, STEP SIDE, CROSS ROCK/ REPLACE, ¼ LEFT, RIGHT MAMBO, TOUCH BACK ½ UNWIND (TAKE WEIGHT)

- 1&2-3&4      Cross rock right over left & rock weight back on left, step right to right side, cross rock left over right & rock back on right, turn ¼ left stepping onto left  
5&6-7-8      Rock forward right & rock back on left, step back on right, touch left toe back, unwind ½ left stepping onto left (12:00 weight left)

## ROCK FORWARD, ROCK BACK, SHUFFLE BACK, LEFT COASTER CROSS, FULL TRIPLE LEFT TRAVELING RIGHT

- 1-2-3&4      Rock forward right, rock back on left, shuffle back on right stepping right, left, right (end facing 12:00 weight on right)  
5&6-7&8      Step back left & step right beside left, cross step left over right, traveling right turn a full turn over left stepping right, left, right (triple)

## LEFT SAILOR, RIGHT SAILOR ¼ RIGHT, STEP FORWARD, ½ PIVOT, & TOUCH & TOUCH

- 1&2-3&4      Cross left behind right & rock right to right, rock weight center left, cross right behind left & turning ¼ right step left beside right, step forward on right (end facing 3:00, weight on right)  
5-6&7&8      Step forward left, pivot ½ right & traveling forward step left beside right & touch right toe to right side & stepping right beside left touch left toe to left side (when touching right to right angle right shoulder to right corner, touching left-angle left shoulder to left corner)

## CROSS & HEEL & ROCK/REPLACE & ROCK REPLACE & FULL TRIPLE TRAVELING LEFT

- 1&2&3-4      Cross step left over right & step right to right side, touch left heel to left side & stepping onto left cross, rock right over left, rock back on left (facing 9:00 wall)  
&5-6-7&8      (&) Stepping right beside left, cross rock left over right, rock back on right, traveling to left turn a full turn left stepping left, right, left

## CROSS & HEEL & ROCK/REPLACE & ROCK REPLACE, STEP SIDE, DRAG STEP

1&2&3-4 Cross step right over left & step left to left side, touch right heel to right side & stepping onto right cross, rock left over right, rock back on right (facing 9:00)

&5-6-7-8 (&) Stepping left beside right, cross rock right over left, rock back on left, take a large step right to right, drag left towards right taking weight onto left

**REPEAT**

**RESTART**

On wall 6, dance until count 60 (cross rock left over right, rock back right). Add an & count stepping left beside right and start again. (you will be facing back wall when this occurs)

**TO FINISH DANCE**

Replace counts 55 & 56 with a 1 ¼ triple left to finish at front.

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