

The Time Of My Life

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



ROCK STEP, CROSS SHUFFLE, TICK, SLIDE, 2X TICK, ¼ TURN RIGHT

- 1-2 Rock left to left side, recover on right
3&4 Cross left over right, step right to right side, cross left over right
5&6 Tick right on toes beside left, step right beside left, step left wide to left side drag right next to left.
7&8 Tick right on toes 2x beside left, turn both feet ¼ to the right and put weight on right

WALK, WALK, LOCK SHUFFLE, LOCKSTEP, 2X ¼ TURN LEFT

- 1-2 Step left forward, step right forward
3&4 Step left forward, cross right behind, step left forward
5-6 Step right forward, cross left behind right ended 6th position (weight on both feet)
7 Turn both feet ¼ to the left (both feet still in cross position)
8 Turn both feet ¼ to the left ended on 1st position (at the end put weight on right)

Do the turning 7 and 8 while standing on the ball of the feet

3X CROSS TRAVELING FORWARD, TOUCH, KICK, 3X CROSS TRAVELING FORWARD, TOUCH, KICK

- 1-2 Cross left over right, cross right over left
3&4 Cross left over right, touch right beside left, kick right diagonally to right side
5-6 Cross right over left, cross left over right
7&8 Cross right over left, touch left beside right, kick left diagonally to left side

CROSS, BACK, STEP, CROSS, BACK, STEP, POP KNEE, TOUCH, HIP ROLLS

- 1&2 Cross left over right, step right behind left, step left to the left side
3&4 Cross right over left, step left behind right, step right to the right side
5-6 Pop left knee (2nd position, weight on right), (put left heel down) touch right next to left
7&8 (Put right heel down) roll the hips from the left, through the back to the right (to the left)

Feet on 1st position. At the beginning of the hip rolls, the weight is on left, at the end the weight should be on right

REPEAT

TAG

The 11th wall should be done without the last 4 counts (pop knee, touch and the hip rolls)