

It's The Truth

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Cleevely (UK)
音乐: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



INTRO

Danced just once, when the instrumental starts. Drop this intro if Tim McGraw track is used

2 X MONTEREY TURNS, POINT BACK RIGHT, STEP IN PLACE, POINT BACK LEFT, STEP IN PLACE, FORWARD RIGHT MAMBO, FORWARD LEFT MAMBO

- 1-2 Point right toes to right side, pivot $\frac{1}{2}$ turn right and step right next to left
- 3-4 Point left toes to left side, step left by right
- 5-6 Point right toes to right side, pivot $\frac{1}{2}$ turn right and step right next to left
- 7-8 Point left toes to left side, step left by right
- 9-10 Point right toes back (on right diagonal), step right in place & clap
- 11-12 Point left toes back (on left diagonal, step left in place & clap)
- 13-14 Rock forward on right, recover weight on left, step right by left
- 15&16 Rock forward on left, recover weight on right, step left by right

THE MAIN DANCE

STEP, ROCK, RECOVER (TRAVELING FORWARD)

- 1&2 Step forward on right, rock back on left, recover weight on right (snap fingers of left hand)
- 3&4 Step forward on left, rock back on right, recover weight on left (snap fingers of right hand)
- 5&6 Step forward on right, rock back on left, recover weight on right (snap fingers of left hand)
- 7&8 Step forward on left, rock back on right, recover weight on left (snap fingers of right hand)

RIGHT SCISSOR STEP, LEFT SCISSOR STEP, KICK, $\frac{1}{4}$ TURN RIGHT, TWIST, TWIST, $\frac{1}{4}$ TURN LEFT

- 9&10 Step right to right side, step left by right, cross right over left
- 11&12 Step left to left side, step right by left, cross left over right
- 13-14 Kick right foot forward, twist $\frac{1}{4}$ turn right (weight on left)
- 15&16 Twist heels right, twist heels left, twist heels right making $\frac{1}{4}$ turn left (weight on right)

LEFT COASTER STEP, RIGHT FORWARD MAMBO, HIP BUMPS ON LEFT DIAGONAL, HIP BUMPS ON RIGHT DIAGONAL

- 17&18 Step back on left, step right by left, step left forward
- 19&20 Rock forward on right, recover weight on left, step right by left
- 21&22 Step forward on left diagonal and bump hips left/right/left
- 23&24 Step forward on right diagonal and bump hips right/left/right

LEFT $\frac{1}{4}$ TURNING SAILOR STEP, ROCK, RECOVER, FULL TURN, ROCK RECOVER

- 25&26 Making $\frac{1}{4}$ turn left cross left behind right, step right to right side, step left to left side
- 27-28 Rock forward on right, recover weight on left
- 29-30 Step $\frac{1}{2}$ turn right, keeping weight on right pivot $\frac{1}{2}$ turn right stepping back on left
- 31-32 Rock back on right, recover weight on left

REPEAT

RESTART

For Dirty Dancing track only: on 11th wall restart dance after count 28 (on count 28 you will be facing 3:00)

ENDING

For dirty dancing track only: last wall (14th) on counts 29-30 (6:00), make a $1 \frac{1}{2}$ turn over right shoulder (stepping right/left/right) to finish facing 12:00

