

Dirty Dancing

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



To start, count 16 beats on instrumental section, after vocal introduction

SYNCOPATED WEAVE RIGHT, SIDE ROCK, CROSS SHUFFLE

1-2& Step right to right side, step left behind right, step right to right side
3&4 Step left in front right, step right to right side, step left behind right
5-6 Rock right to right side, recover onto left
7&8 Cross right over left, step left to left, cross right over left

¾ TURN, SHUFFLE FORWARD, ROCK FORWARD & BACK, COASTER BACK

1-2 Step back onto left turning ¼ right, pivot ½ right stepping forward on to right
3&4 Shuffle forward left right left
5-6 Rock forward on right, rock back onto left
7&8 Step right back, step left beside right, step right forward

TOE TOUCH FORWARD TWICE, PIVOT TURN, HIP BUMPS, KICK & POINT

1&2 Touch left toe forward, replace left beside right, touch right toe forward
&3-4 Replace right beside left, step forward on left, pivot ½ to right stepping forward onto right
5&6 Step forward onto left moving hips forward back forward
7&8 Kick right forward, step right in place, touch left toe to left side

SIDE ROCK, WEAVE, SIDE ROCK, STEP TOE TAP

1-2 Rock to left side on left, recover onto right

Tag and restart goes here on wall 6

3&4 Step left behind right, step right to right side, cross left over right
5-6 Rock to right side on right, recover onto left
7-8 Step right beside left, touch left toe beside right

KICK TOE TAP ¼ TURN, HIP BUMPS, KICK TOE TAP ¼ TURN, CROSS SHUFFLE

1&2 Kick left forward, replace left beside right turning ¼ to left, tap right toe beside left
3&4 Step forward onto right pushing hips forward, back, forward
5&6 Repeat steps 1&2
7&8 Shuffle across to left stepping left right left

½ TURN RIGHT, VAUDEVILLES, WAIT

1-2 Step back on left turning ¼ right, step on right to right side turning ¼ right
3&4 Step left over right, step back on right, touch left heel diagonally forward
&5&6 Step left beside right, step right over left, step left back, touch right heel diagonally forward
&7-8 Step right beside left, step left in place, wait for 1 count

Knees will be slightly bent, you can do either a body roll or just straighten legs & click right fingers on count 8

PIVOT TURN, LOCK STEP SIDE TOUCH, BALL CROSS SIDE TOUCH, SAILOR

1-2 Step forward on left, pivot ½ to right stepping forward onto right
&3-4 Lock left behind right, step forward on right, touch left toe to left side
5&6 Step onto ball of left, step right over left, touch left toe to right side
7&8 Sweep left behind right, step right in place, step left forward

ROCK FORWARD & BACK, LOCK STEP, ROCK BACK & FORWARD, MAMBO LEFT

1-2 Rock forward on right, rock back on left
3&4 Step right behind left, lock left in front right, step right back
5-6 Rock back on left, recover onto right
7&8 Rock left to left side, step right in place, step left over right

REPEAT

RESTART

On the 6th wall, dance counts 1-26, then replace steps 27&28 with

27-28 Step left beside right, touch right beside left

Then restart dance from beginning
