

Time Of My Life

COPPER KNOB
STEPSHETS

拍數: 24 牆數: 4 級數: Intermediate
編舞者: Cody Flowers (USA) - July 2015
音樂: The Time of My Life - David Cook



Award: USLDCC - 1st Place in Phrased Category at Fun in the Sun

(1-8) Sweep, Step Back, ¼ Turn, ½ Turn, Step Back, Coaster Step, Twinkle (2), Rock-Recover, Step Side, Step Back

- 1 Step LF behind RF while sweeping RF out to right side
- 2&a Step RF behind LF, Make ¼ Turn left (9:00) stepping forward on LF, ½ Turn left (3:00) stepping back on RF
- 3 Big step back on LF while dragging RF to LF
- 4&a Step back on RF, Step LF beside RF, Step forward on RF
- 5&a Cross LF over RF, Step RF to right side, Step LF slightly forward
- 6&a Cross RF over LF, Step LF to left side, Step RF slightly forward
- 7 Rock forward on LF crossing over RF
- 8&a Recover weight on RF, Step LF to left side, Step back on RF

(9-16) Step Back, Back, ¼ Turn, ½ Turn, Step Back Sweep, Step Back, ¼ Turn, ½ Turn, Step Back, Coaster, Walk, Cross-Unwind ¾ Turn

- 1 Big step back on LF while dragging RF to LF
- 2&a Step RF behind LF, Make ¼ Turn left (12:00) stepping forward on LF, ½ Turn left (6:00) stepping back on RF
- 3 Step LF behind RF while sweeping RF out to right side
- 4&a Step RF behind LF, Make ¼ Turn left (3:00) stepping forward on LF, ½ Turn left (9:00) stepping back on RF
- 5 Big step back on LF while dragging RF to LF
- 6&a Step back on RF, Step LF beside RF, Step forward on RF
- 7 Step forward on LF
- 8&a Cross RF over LF unwind ½ Turn left (3:00), ¼ Turn left (12:00) stepping forward on LF, Step forward on RF facing 10:30

(17-24) Step, Leg Lift, ¼ Turn, ¼ Turn, Step, Leg Lift, Step Lock Step, ½ Turn, Cross, ¼ Turn, ½ Turn ¼ Turn

- 1 Step forward on LF lift right up, lower right leg (weight still on L)
- 2&a Step back on RF, ¼ Turn right (1:30) stepping back on LF, ¼ Turn right (4:30) stepping forward on RF
- 3 Step forward on LF lift right up, lower right leg (weight still on L)
- 4&a Step back on RF, Step back on LF, Cross RF over LF
- 5 Step back on LF making a ½ Turn (10:30) over your right shoulder
- 6&a Step down on RF, Step forward on LF, Pivot ½ Turn (4:30) right putting weight on RF
- 7 Cross LF over RF aligning up with 3:00
- 8&a ¼ Turn left (12:00) stepping back on RF, ½ Turn left (6:00) stepping forward on LF, ¼ Turn left (3:00) stepping RF to right side

Restarts:

On 2nd Wall facing 3:00, do the first 8 counts and then start again.

On 6th Wall facing 3:00, dance through count 8 of the second set of eight (count 16) as written. Then replace the following 8&a as follows:

- 8&a Cross RF over LF unwind ½ Turn left (3:00), ¼ Turn left (12:00) stepping forward on LF, Step back on RF facing 9:00

(Restart dance by stepping back on LF and sweeping RF around for count 1)

