

# The Time of My Life

COPPER KNOB  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Shou-Lien Liu - June 2015  
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes : (Album: Dirty Dancing)



**Add right arm movement when female chorus begins**

## Intro: 16 counts

1-4            Turn ½ right while step left to side, turn ½ left while step left to side  
5&6            Mambo right forward  
7&8            Mambo left back  
9&10           Mambo right forward  
11&12          Mambo left back  
13-16          Step right forward, pivot ½ turn left, Step right forward, pivot ½ turn left

## DANCE:-

### STEP TOUCH FORWARD, STEP TOUCH BACK

1-4            Step right forward, touch left forward, step left back, touch right back  
5-8            Same as 1-4

### CROSS ROCK, FULL TURN RIGHT, MAMBO RIGHT & LEFT

9-10           Cross rock right over left, recover left back  
11-12          Turn ½ right step right forward, turn ½ right step left together  
13&14          Rock right to side, recover left, step right together  
15&16          Rock left to side, recover right, step left together

### TOE HEEL FLICK SHUFFLE

17-20          Touch right toe heel flick, step right forward, step left together, step right forward  
21-24          Touch left toe heel flick, step left forward, step right together, step left forward

### ROCK FORWARD, SHUFFLE TURN ½ RIGHT, ROCK FORWARD, SAILOR TURN ¼ LEFT

25-26          Rock right forward, recover left back  
27&28          Step right left right while turning ½ right  
29-30          Rock left forward, recover right back,  
31&32          Sweep left back while turning ¼ left, step right left together

## REPEAT

**Restart on wall 5 (12:00) after 16 counts**

### Tag on wall 11 (3:00) after count 16

1-12           Step right to side, touch left together, step left to side, touch right together (3 sets from 3:00 to 12:00)  
13-16          Step right, kick left, step left, kick right  
17-20          Mambo right and mambo left  
21-24          Step right, kick left, step left, kick right  
25-28          Mambo right and mambo left

### Right arm movement, step right forward, both arms brush hair around neck through chest

1&2            Swing hips right left right  
3&4            Swing hips left right left

Ending: Start dance @ 3:00, complete 16 counts, step right forward, pivot ¼ turn left, POSE

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