

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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