

Time of My Life

COPPER **KNOB**
STEPSHEETS

拍數: 40 牆數: 2 級數: Improver
編舞者: Jim Ray (USA) - November 2020
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



Hold: 48 And Start

FORWARD ROCK STEP, SHUFFLE BACK, BACK ROCK STEP, SHUFFLE FORWARD

1-2 Left Foot Rock Forward, Shift Wt. Back To Right Foot
3&4 Shuffle Back Left, Right, Left
5-6 Right Rock Back, Shift Wt. Forward To Left Foot
7&8 Shuffle Forward Right, Left, Right

STEP LEFT FORWARD, PIVOT A 1/2 RIGHT, TURN ANOTHER 1/2 STEPPING LEFT, RIGHT, LEFT MOVING BACK, STEP RIGHT BACK, SHIFT WT. FORWARD TO LEFT, SHUFFLE FORWARD RIGHT, LEFT, RIGHT

1-2 Step Left Forward, Pivot A 1/2 Turn Right
3&4 Continue Another 1/2 Turn Right Stepping Left, Right, Left Moving Back
5-6 Step Right Back, Shift Wt. Forward
7&8 Shuffle Forward Right, Left, Right

ROCK LEFT FORWARD, SHIFT WT. BACK TO RIGHT, TO THE LEFT STEP LEFT, RIGHT, TOGETHER, LEFT, ROCK RIGHT BACK, SHIFT WT. FORWARD TO THE LEFT, STEP RIGHT TO THE RIGHT, STEPPING RIGHT, LEFT TOGETHER, RIGHT

1-2 Step Left Foot Forward, Shift Wt. Back To The Right
3&4 Step Left To The Left Stepping Left, Right Together, Left
5-6 Step Right Back, Shift Wt. Forward To Left
7&8 Step Right To The Right Stepping Right, Left Together, Right

CROSS ROCK LEFT FOOT FORWARD A 1/4 TO THE RIGHT, SHIFT WT. BACK TO RIGHT, TURN A 1/4 TO THE LEFT STEPPING LEFT, RIGHT TOGETHER LEFT, CROSS ROCK RIGHT FOOT FORWARD AND A 1/4 TO THE LEFT, SHIFT WT. BACK TO LEFT FOOT, TURN A 1/4 TURN RIGHT STEPPING RIGHT, LEFT TOGETHER, RIGHT

1-2 Cross Rock Left Over Right a 1/4, Shift Wt. Back To Right
3&4 Turn A 1/4 Left Stepping Left, Right Together, Left
5-6 Cross Rock Right Over Left A 1/4 To The Left, Shift Wt. Back To Left
7&8 Turn A 1/4 Turn Right Stepping Right, Left, Right

STEP LEFT FOOT FORWARD A 1/4 TO THE RIGHT, PIVOT A 1/2 TURN RIGHT, TURN A 1/4 TURN TO THE RIGHT STEPPING LEFT, RIGHT, LEFT, STEP RIGHT FOOT Forward A 1/4 TURN TO THE LEFT, PIVOT A 1/2 TURN LEFT, TURN A 1/4 TURN TO THE LEFT STEPPING RIGHT, LEFT, RIGHT

1-2 Step Left Foot Forward And A 1/4 To The Right, Pivot A 1/2 Turn Right
3&4 Turn A 1/4 Turn To The Right Stepping Left, Right, Left
5-6 Step Right Foot Forward And A 1/4 Turn To The Left, Pivot A 1/2 Turn Left
7&8 Turn A 3/4 Turn To The Left Stepping Right, Left, Right

(START OVER)