

# Time of Our Lives

拍數: 48      牆數: 4      級數: Improver  
編舞者: Danielle Bradley (USA) - January 2024  
音樂: Time of Our Lives - Pitbull & Ne-Yo



No tags or restarts

The dance starts with the lyrics “ooh, I’ve had the time of my life” around 16 seconds.

**[1-8] DIAGONAL STEP/SKATE SEQUENCE (R, L, R, R, L, R, L, L) \*if you are in a smaller space takes these as steps you can quickly hop between with your presses; if you are in a larger space, skating is recommended**

- 1,2,3&4      Step/skate forward slightly diagonal RF (1), LF (2), RF(3), press LF next to RF to prepare for double step/skate (&) step/skate forward slightly diagonal RF (4)  
5,6,7&8      Step/skate forward slightly diagonal LF (5), RF (6), LF(7), press RF next to LF to prepare for double step/skate (&) step/skate forward slightly diagonal LF (8)

**[9-16] ROCKING CHAIR W RF, STEP RF NEXT TO LF, ½ HITCH TURN, LF COASTER**

- 1,2      Step RF forward while shifting weight forward (1); replace weight into stationary LF (2)  
3,4      Step RF backward while shifting weight into RF (3); replace weight into stationary LF (4)  
5,6      Step RF next to LF (5), do a half turn over your LS to face your 6:00 wall while hitching your LF slightly up in order to end with a kick/elevated foot (6)  
7&8      Step LF back (7), step RF next to RF (&), step LF forward (8)

**[17-24] DIAGONAL STEP/SKATE SEQUENCE (R, L, R, R, L, R, L, L) \*if you are in a smaller space takes these as steps you can quickly hop between with your presses; if you are in a larger space, skating is recommended**

- 1,2,3&4      Step/skate forward slightly diagonal RF (1), LF (2), RF(3), press LF next to RF to prepare for double step/skate (&) step/skate forward slightly diagonal RF (4)  
5,6,7&8      Step/skate forward slightly diagonal LF (5), RF (6), LF(7), press RF next to LF to prepare for double step/skate (&) step/skate forward slightly diagonal LF (8)

**[25-32] ROCKING CHAIR W RF, STEP RF NEXT TO LF, ¾ HITCH TURN, LF COASTER**

- 1,2      Step RF forward while shifting weight forward (1); replace weight into stationary LF (2)  
3,4      Step RF backward while shifting weight into RF (3); replace weight into stationary LF (4)  
5,6      Step RF next to LF (5), do a 3/4 turn over your LS to face your 9:00 wall while hitching your LF slightly up in order to end with a kick/elevated foot (6)  
7&8      Step LF back (7), step RF next to RF (&), step LF forward (8)

**[33-40] SIDE ROCK TO R, RF BEHIND SIDE CROSS, SIDE ROCK TO L, LF BEHIND SIDE CROSS**

- 1,2      Side rock step transitioning weight into RF (1), then replacing weight into LF (2)  
3&4      Step RF behind LF (3), Step LS slightly to LS (&), Cross RF over LF (4)  
5,6      Side rock step transitioning weight into LF (5), then replacing weight into RF (6)  
7&8      Step LF behind RF (7), Step RS slightly to RS (&), Cross LF over RF (8)

**[41-48] RF TO RS, ½ TURN, STOMP RF, STOMP LF, FREESTYLE**

- 1,2      Step RF to RS, while shaking hips (1-2) (facing 9:00 wall)  
&3,4      ½ turn, you are turning behind leading with your LS, placing weight into your LF after turn completion (&), shake hips (3-4) (facing your now 3:00 wall)  
5,6      Stomp RF (5), stomp LF (6)  
7,8      Freestyle; recommendations are to do a full spin, a drop, kick or hip roll (7-8)

Repeat sequence; no tags or restarts.

Have fun! There are so many ways you can customize this and added flare and sass☐

Contact: [dancingdanielle.com](http://dancingdanielle.com), Youtube/Tiktok - [@\\_dancingdanielle](#), or Email at [DancingDanielle.LLC@gmail.com](mailto:DancingDanielle.LLC@gmail.com)

Last Update: 25 Jan 2024

---