

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☐

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