

Not So Dirty Dancing

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Joni Duff (USA)
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



MAMBO FORWARD, BACK, LEFT, RIGHT

1&2 Step left foot forward, step right foot in place, step left foot beside right foot
3&4 Step right foot back, step left foot in place, step right foot beside left foot
5&6 Step left foot to left side, step right foot in place, step left foot beside right foot
7&8 Step right foot to right side, step left foot in place, step right foot beside left foot

STEP, TURN ½ RIGHT, SHUFFLE ¼ TURN RIGHT

9-10 Step left foot forward, pivot ½ turn to right and step on right foot (weight on right foot)
11 Step left foot forward starting ¼ turn to right
& Step right foot next to left foot finishing turn
12 Step left foot next to right foot

ROCK BACK, FORWARD, SHUFFLE FORWARD

13 Step back on right foot
14 Step left foot in place
15 Step right foot forward
& Step left foot next to right foot
16 Step right foot forward

LEFT LOCK STEP, LOCK SHUFFLE

17 Step left foot forward and at angle to left (about 11:00)
18 Lock right foot behind left foot
19&20 Step left foot forward, right foot behind left foot, left foot forward

RIGHT LOCK STEP, LOCK SHUFFLE

21 Step right foot forward and at angle to right (about 1:00)
22 Lock left foot behind right foot
23&24 Step right foot forward, left foot behind right foot, right foot forward

½ VINE LEFT, SWAY SHOULDERS LEFT, RIGHT, LEFT

25 Step left foot to left
26 Step right foot behind left foot
27&28 Step left foot to left and sway your shoulders left, right, left

Have fun with this by letting your body follow your shoulders so that your body has a ripple effect

½ VINE RIGHT, SWAY SHOULDERS RIGHT, LEFT, RIGHT

29 Step right foot to right
30 Step left foot behind right foot
31&32 Step right foot to right and sway your shoulders right, left, right

For beats 27&28 and 31&32, hip bumps can be substituted for the shoulder moves

REPEAT