

This Is It!

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



MAMBOS FORWARD, BACK, SIDE, SIDE

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

PIVOT HALF TURN, MAMBO FORWARD, VINE 2, QUARTER TURN HEEL-BALL-CHANGE

9-10 Step left forward, pivot half turn to right, weight now on right
11&12 Step left forward, rock onto right in place, step left next to right
13-14 Step right to side, step left behind right
&15 Step back on right making quarter turn left, touch left heel diagonally forward
&16 Step on ball of left in place, step on right beside left

SHUFFLE FORWARD TWICE (SECOND WITH OPTIONAL FULL TURN), SIDE ROCK CROSS TWICE

17&18 Shuffle forward on left, right, left
19&20 Shuffle forward on right, left, right (with optional full turn to left)
21&22 Step left to side, rock onto right in place, step left across right
23&24 Step right to side, rock onto left in place, step right across left

DIAGONAL STEPS TRAVELING BACK, STOMP TWICE, FULL TURN TRAVELING RIGHT, CHASSE RIGHT

25& Step left back about 45 degrees, step right in front of left
26& Step left back about 45 degrees, step right in front of left
27 Step left back about 45 degrees
&28 Stomp right to side, stomp left next to right
29-30 Making half turn to right step forward on right, step left back making another half turn to right
31&32 Step right to side, close left to right, step right to side

REPEAT
