

Time Of My Life

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 0 級數:
編舞者: Charlie Milne (CAN)
音樂: Time of My Life - George Fox



FANS / FOOT TWIST - RIGHT

- 1 With weight on left foot, fan right toes out to right (heel remains on floor)
- 2 Bring right toes back to home position (center)
- 3 With weight on the right foot, fan left toes out to the left (heel remains on floor)
- 4 Bring left toes back to home position (center)
- 5 With weight on the left foot, fan right toes out to the right (heel remains on floor)
- 6 Turn right heel out to the right (do not drop heel)
- 7 Turn right heel back to the left
- 8 Bring toes of right foot back to the home position (center)

FOOT TWIST - LEFT / DOUBLE FOOT TWIST

- 9 With weight on the right foot, fan left toes out to the left (heel remains on floor)
- 10 Turn left heel out to the left (do not drop heel)
- 11 Turn left heel back to the right
- 12 Bring toes of left foot back to the home position (center)
- 13 Steady weight on both heels, turn toes of both feet out (heels remains on floor)
- 14 Switch weight to balls of feet and turn both heels out (do not drop heels)
- 15 Bring heels of both feet back to home position (center)
- 16 With weight now on heels, bring toes of both feet back to the home position (center)

SIDE SLIDE - RIGHT / SIDE SLIDE - LEFT

- 17 With weight on the left foot, step right foot to the right (very small step)
- 18 Close the side step by sliding the left foot towards the right foot
- 19 Step right foot to the right again (very small step)
- 20 Close the side step by sliding the left foot towards the right foot and touch the toe of the left foot near the right foot & clap your hands at the same time
- 21 With weight on the right foot, step left foot to the left (very small step)
- 22 Close the side step by sliding the right foot towards the left foot
- 23 Step left foot to the left again (very small step)
- 24 Close the side step by sliding the right foot towards the left foot and touch the toe of the right foot near the left foot & clap your hands together at the same time

SIDE STEP - RIGHT / SIDE STEP - LEFT / ¼ TURN LEFT

- 25 With weight on the left foot, step right foot to the right side (very small step)
- 26 Touch toe of left foot near the right foot and clap your hands together at the same time
- 27 With weight on the right foot, step left foot to the left side (very small step)
- 28 Touch toe of right foot near the left foot and clap your hands together at the same time
- 29 With weight on the left foot, step forward on the right foot
- 30 Raise heels of both feet and turn ¼ turn to the left
- 31 Stomp right foot in home position
- 32 Stomp left foot in home position

TWIST

- 33 With weight on toes of both feet, swivel heels of both feet to the left (¼)
- 34 Twist heels of both feet from the left side to the right side (½)
- 35 Twist heels of both feet from the right side to the left side (½)

REPEAT
