

# Time Of My Life

COPPER KNOB  
BY STEPHEN HETS

拍數: 0      牆數: 1      級數: Improver  
編舞者: Niels Poulsen (DK)  
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



Sequence: AAA, B, Tag 1, AA, Tag 1, BB, Tag 2, A, Tag 3, ABB  
This dance is dedicated to my very good friend from Denmark: Sussie Maersk

## PART A

The verse, always done facing 12:00

### MAMBO ¼ TURN RIGHT, MAMBO STEP FW, MAMBO ¼ TURN RIGHT, MAMBO STEP FW

1&2      Rock forward on right, recover on left, turn ¼ right stepping right to right side (facing 3:00)  
3&4      Rock forward on left, recover on right, bring left next to right  
5&6      Rock forward on right, recover on left, turn ¼ right stepping right to right side (facing 6:00)  
7&8      Rock forward on left, recover on right, bring left next to right

### TOE TOUCHES, & CROSS ¼ TURN RIGHT, ROCK BACK RIGHT (WITH LEFT KNEE POP)

1&2&      Touch right next to left, step down on right, point left toe forward, step left next to right  
3&4      Touch right next to left, step down on right, point left toe forward  
&5-6      Step left next to right, cross right over left, turn ¼ right stepping back on left (facing 9:00)  
7-8      Rock back on right popping left knee forward, recover weight to left

### SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, TRIPLE ¾ TURN LEFT, CROSS ROCK STEP

1&2      Step forward on right, bring left behind right, step forward on right  
3-4      Rock forward on left, recover weight to right  
5&6      Turn ½ left stepping forward on left, turn ¼ left stepping right next to left, step left next to right  
(make the turn on the spot) (facing 12:00)  
7-8      Cross rock right over left, recover weight on left

### & SYNCOPATED EXTENDED WEAVE (SMALL STEPS!), CROSS ROCK STEP, CHASSÉ LEFT

&1&2      Small step back on right, cross left over right, step right to right side, cross left behind right  
&3&4&      Small step back on right, cross left over right, step right to right side, cross left behind right,  
small step back on right  
5-6      Cross rock left over right, recover weight on right  
7&8      Step left to left side, bring right next to left, step left to left side

## PART B

The chorus, always done facing 12:00

### FULL PADDLE TURN RIGHT TWICE (DONE IN SMALL CIRCLES)

Or do as many full turns you like

1&2&      Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping  
small step forward on right, bring left next to right (facing 6:00)  
3&4&      Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping  
small step forward on right, bring left next to right (facing 12:00)  
5&6&      Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping  
small step forward on right, bring left next to right (facing 6:00)  
7&8      Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping  
small step forward on right (facing 12:00)

### FULL PADDLE TURN LEFT TWICE (DONE IN SMALL CIRCLES)

Do as many full turns you like

1&2&      Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping  
small step forward on left, bring right next to left (facing 6:00)

- 3&4& Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left, bring right next to left (facing 12:00)
- 5&6& Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left, bring right next to left (facing 6:00)
- 7&8 Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left (facing 12:00)

**ROCK FORWARD RIGHT, ½ SHUFFLE TURN RIGHT, STEP ¼ RIGHT, CROSS SHUFFLE**

- 1-2 Rock forward on right, recover weight to left
- 3&4 Turn ¼ right stepping right to right side, bring left next to right, turn ¼ right stepping forward on right
- 5-6 Step forward on left, turn ¼ right stepping right to right side (facing 9:00)
- 7&8 Cross left over right, step right to right side, cross left over right

**¼ TURN LEFT, ½ TURN LEFT, SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, LEFT COASTER STEP**

- 1-2 Turn ¼ left stepping back on right, turn ½ turn left stepping forward on left (facing 12:00)
- 3&4 Step forward on right, bring left behind right, step forward on right
- 5-6 Rock forward on left, recover weight to right
- 7&8 Step back on left, step right next to left, step forward on left

**TAG 1**

Do the first 12 counts of section A. Then add 2 step ¼ turns LEFT so you face 12:00 again. End with weight on LEFT. The 4 extra steps reads like this:

**& LEFT NEXT TO RIGHT, STEP ¼ TURN LEFT TWICE**

- &5-6 Bring left next to right, step forward on right, turn ¼ left recovering weight to left
- 7-8 Step forward on right, turn ¼ left recovering weight to left (facing 12:00)

**TAG 2**

Do the first 16 counts of section A (you face 9:00). Then add a step ½ turn LEFT & a step ¼ LEFT so you face 12:00 again. End with weight on LEFT. The 4 extra steps reads like this:

**STEP ½ TURN LEFT, STEP ¼ TURN LEFT**

- 1-2 Step forward on right, ½ turn left (weight on left)
- 3-4 Step forward on right, ¼ left (weight on left) (facing 12:00)

**TAG 3**

This tag occurs close to the end of the music (3:46 into track). You can hear a distinct change in the music, right before the part when the beat disappears and there is only singing left. Do the following:

**¼ PADDLE TURN LEFT X 4**

- 1-2 Step forward on right, turn ¼ left recovering weight on left
  - 3-4 Step forward on right, turn ¼ left recovering weight on left
  - 5-6 Step forward on right, turn ¼ left recovering weight on left
  - 7-8 Step forward on right, turn ¼ left recovering weight on left (facing 12:00)
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