

# Time Of My Life

**COPPER** **KNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: Improver  
編舞者: DJ Dan (NL) & Wynette Miller (NL)  
音樂: Time of My Life - George Fox



## SHUFFLE FORWARD RIGHT-LEFT; MAMBO FORWARD, SHUFFLE ½ TURN

1&2      Shuffle forward stepping right, left, right  
3&4      Shuffle forward stepping left, right, left  
5&6      Rock right forward, recover weight onto left, step right slightly back  
7&8      Shuffle ½ turn left stepping left, right, left (6:00)

## SHUFFLE FORWARD RIGHT-LEFT; MAMBO FORWARD, SHUFFLE BACK

1&2      Shuffle forward stepping right, left, right  
3&4      Shuffle forward stepping left, right, left  
5&6      Rock right forward, recover weight onto left, step right slightly back  
7&8      Shuffle back stepping left, right, left

## SHUFFLE ½ TURN, ¼ TURN CHASSE; SAILOR STEPS RIGHT-LEFT

1&2      Shuffle ½ turn right stepping right, left, right (12:00)  
3&4      Make ¼ turn right step left to left side, step right next to left, step left to left side (3:00)  
5&6      Cross right behind left, step left to left side, step right to right side  
7&8      Cross left behind right, step right to right side, step left to left side

## BEHIND-SIDE-CROSS, RUMBA BOX, SHUFFLE BACK

1&2      Cross right behind left, step left to left side, cross right over left  
3&4      Step left to left side, step right next to left, step left forward  
5&6      Step right to right side, step left next to right, step right back  
7&8      Shuffle back stepping left, right, left

## COASTER STEP, SIDE ROCK-STEP FORWARD LEFT-RIGHT-LEFT

1&2      Step right back, step left next to right, step right forward  
3&4      Rock left to left side, recover weight onto right, step left forward  
5&6      Rock right to right side, recover weight onto left, step right forward  
7&8      Rock left to left side, recover weight onto right, step left forward

**REPEAT**

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