

Time Of My Life

COPPER KNOB
BY STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



STEP FORWARD, ½ STEP, ½ SHUFFLE, ROCK FORWARD, ROCK BACK, STEP BACK, ½, STEP FORWARD

- 1-2-3&4 Step forward right, turning ½ right traveling forward step onto left, turning a further ½ right shuffle right, left, right (12:00)
5-6-7&8 Rock forward left, rock back on right, step back left & turning ½ right step onto right, step forward on left (6:00)

OUT-OUT, CROSS, OUT-OUT, CROSS, STEP FORWARD, DRAG, BALL STEP, ¼ PIVOT

- &1-2&3-4 Traveling forward - rock right to right side and replace weight on left, cross step right over left, rock left to left side and replace weight on right, cross step left over right
5-6&7-8 Step forward right, drag left toe towards right (keep weight right), step left beside right stepping forward onto right, pivot ¼ left (end weight left) (end facing 3:00)

CROSS STEP, ¼ RIGHT, ¼ RIGHT, CROSS STEP, ¼ LEFT, ¼ LEFT, CROSS, FULL TURN, STEP FORWARD ½ PIVOT

- 1&2-3&4 Traveling left - cross step right over left & turning ¼ right step back on left, turn a further ¼ right stepping right to right, cross step left over right & turning ¼ left step back on right, turn a further ¼ left stepping left to left
5-6-7-8 Cross right toe over left, turn a full turn left keeping weight on left, step forward on right, pivot ½ left (end weight left at 9:00)

CROSS ROCK/REPLACE, STEP SIDE, CROSS ROCK/ REPLACE, ¼ LEFT, RIGHT MAMBO, TOUCH BACK ½ UNWIND (TAKE WEIGHT)

- 1&2-3&4 Cross rock right over left & rock weight back on left, step right to right side, cross rock left over right & rock back on right, turn ¼ left stepping onto left
5&6-7-8 Rock forward right & rock back on left, step back on right, touch left toe back, unwind ½ left stepping onto left (12:00 weight left)

ROCK FORWARD, ROCK BACK, SHUFFLE BACK, LEFT COASTER CROSS, FULL TRIPLE LEFT TRAVELING RIGHT

- 1-2-3&4 Rock forward right, rock back on left, shuffle back on right stepping right, left, right (end facing 12:00 weight on right)
5&6-7&8 Step back left & step right beside left, cross step left over right, traveling right turn a full turn over left stepping right, left, right (triple)

LEFT SAILOR, RIGHT SAILOR ¼ RIGHT, STEP FORWARD, ½ PIVOT, & TOUCH & TOUCH

- 1&2-3&4 Cross left behind right & rock right to right, rock weight center left, cross right behind left & turning ¼ right step left beside right, step forward on right (end facing 3:00, weight on right)
5-6&7&8 Step forward left, pivot ½ right & traveling forward step left beside right & touch right toe to right side & stepping right beside left touch left toe to left side (when touching right to right angle right shoulder to right corner, touching left-angle left shoulder to left corner)

CROSS & HEEL & ROCK/REPLACE & ROCK REPLACE & FULL TRIPLE TRAVELING LEFT

- 1&2&3-4 Cross step left over right & step right to right side, touch left heel to left side & stepping onto left cross, rock right over left, rock back on left (facing 9:00 wall)
&5-6-7&8 (&) Stepping right beside left, cross rock left over right, rock back on right, traveling to left turn a full turn left stepping left, right, left

CROSS & HEEL & ROCK/REPLACE & ROCK REPLACE, STEP SIDE, DRAG STEP

1&2&3-4 Cross step right over left & step left to left side, touch right heel to right side & stepping onto right cross, rock left over right, rock back on right (facing 9:00)

&5-6-7-8 (&) Stepping left beside right, cross rock right over left, rock back on left, take a large step right to right, drag left towards right taking weight onto left

REPEAT

RESTART

On wall 6, dance until count 60 (cross rock left over right, rock back right). Add an & count stepping left beside right and start again. (you will be facing back wall when this occurs)

TO FINISH DANCE

Replace counts 55 & 56 with a 1 ¼ triple left to finish at front.
