

# The Time Of My Life

**COPPER** **KNOB**  
STEPSHEETS

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



## **ROCK STEP, CROSS SHUFFLE, TICK, SLIDE, 2X TICK, ¼ TURN RIGHT**

- 1-2      Rock left to left side, recover on right  
3&4      Cross left over right, step right to right side, cross left over right  
5&6      Tick right on toes beside left, step right beside left, step left wide to left side drag right next to left.  
7&8      Tick right on toes 2x beside left, turn both feet ¼ to the right and put weight on right

## **WALK, WALK, LOCK SHUFFLE, LOCKSTEP, 2X ¼ TURN LEFT**

- 1-2      Step left forward, step right forward  
3&4      Step left forward, cross right behind, step left forward  
5-6      Step right forward, cross left behind right ended 6th position (weight on both feet)  
7      Turn both feet ¼ to the left (both feet still in cross position)  
8      Turn both feet ¼ to the left ended on 1st position (at the end put weight on right)

**Do the turning 7 and 8 while standing on the ball of the feet**

## **3X CROSS TRAVELING FORWARD, TOUCH, KICK, 3X CROSS TRAVELING FORWARD, TOUCH, KICK**

- 1-2      Cross left over right, cross right over left  
3&4      Cross left over right, touch right beside left, kick right diagonally to right side  
5-6      Cross right over left, cross left over right  
7&8      Cross right over left, touch left beside right, kick left diagonally to left side

## **CROSS, BACK, STEP, CROSS, BACK, STEP, POP KNEE, TOUCH, HIP ROLLS**

- 1&2      Cross left over right, step right behind left, step left to the left side  
3&4      Cross right over left, step left behind right, step right to the right side  
5-6      Pop left knee (2nd position, weight on right), (put left heel down) touch right next to left  
7&8      (Put right heel down) roll the hips from the left, through the back to the right (to the left)

**Feet on 1st position. At the beginning of the hip rolls, the weight is on left, at the end the weight should be on right**

**REPEAT**

**TAG**

**The 11th wall should be done without the last 4 counts (pop knee, touch and the hip rolls)**