

The Time Of My Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael Lynn (UK)
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



FORWARD RIGHT MAMBO, BACK LEFT MAMBO, SIDE MAMBOS

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

SYNCOPATED WEAVE, RIGHT SAILOR STEP, LEFT SAILOR STEP ¼ TURN RIGHT, FLICK

1&2 Cross right over left, step left to left side, cross right behind left
3&4 Step left to left side, cross left over right, step left to left side
5&6 Cross right behind left, step left to left side, step right to place
7&8& Cross left behind right, right foot ¼ turn right, point left to left side, flick heel

SYNCOPATED JAZZ BOX, CROSS RIGHT SHUFFLE, SIDE SWITCHES, HEEL SWITCHES

1&2 Cross left over right, step back on right, step left to left side
3&4 Cross right over left, step left to left side, cross right over left
5&6& Touch left toe to left side, step left beside right, touch right toe to right side, step right beside left
7&8 Touch left heel forward, step left beside right, touch right heel forward

BACK RIGHT SHUFFLE, ROCK 'N' CROSS, BEHIND SIDE CROSS, TRIPLE TURN

1&2 Step back right, close left beside right, step back right
3&4 Side rock left to left side, recover weight onto right, cross left over right
5&6 Step right to right side, cross left behind right, step right to right side
7&8 Triple step ¾ turn right, stepping - right, left, right

REPEAT
