

Time Of Your Life

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Elaine Chant (UK)
音樂: Time of Your Life - Simon Webbe



Sequence: A B A B A

PART A (VERSE)

CROSSING TWINKLE STEPS (SPIRAL), WITH ½ TURN RIGHT (TWICE)

- 1-3 Cross step left over right, step right beside left, step left to left side, (turning body slightly left)
- 4-5 Cross right over left, make ¼ turn right stepping back onto left
- 6 Make ¼ turn right stepping right to right side
- 7-12 Repeat steps 1-6

WEAVE RIGHT, ¼ TURN RIGHT, STEP PIVOT ½ TURN RIGHT, STEP FORWARD LEFT, POINT RIGHT, HOLD, STEP BACK RIGHT, POINT LEFT, HOLD

- 1-3 Cross left over right, step right to side, cross left behind
- 4-6 Make ¼ turn right step forward right, step forward left, pivot ½ turn right
- 7-9 Step forward left, point right to right side, hold
- 10-12 Step back right, point left to left side, hold

¼ TURN LEFT, BASIC TWINKLE FORWARD, BASIC TWINKLE BACK, CROSSING TWINKLE STEPS

- 1-3 Turning ¼ turn left, step forward on left, step right beside left, step left in place
- 4-6 Step back on right, step left beside right, step right in place
- 7-9 Cross step left over right, step right beside left, step left in place
- 10-12 Cross step right over left, step left beside right, step right in place

CROSSING TWINKLE, WEAVE LEFT, BIG SIDE STEP LEFT, DRAG, HOLD, 1 & ¼ ROLLING TURN RIGHT

- 1-3 Cross step left over right, step right beside left, step left in place
- 4-6 Cross step right over left, step left to left side, cross right behind left
- 7-9 Step left to left side, drag right towards left, hold
- 10-11 Step right ¼ turn right, make ½ turn right stepping back onto left
- 12 Make ½ turn right stepping forward onto right

ROCK FORWARD, STEP BACK LEFT, RIGHT TWINKLE BACK, LEFT TWINKLE BACK, WEAVE LEFT

- 1-3 Rock forward on left, recover back onto right, step back left
- 4-6 Cross right over left, step back left, step right back to right diagonal
- 7-9 Cross left over right, step back right, step left back to left diagonal
- 10-12 Cross step right over left, step left to left side, cross right behind left

LEFT ROCK, CROSS, ¾ TURN LEFT, STEP FORWARD RIGHT, LEFT & RIGHT LOCK STEPS

- 1-3 Rock to left side on left, recover onto right in place, cross left over right
- 4-5 Turning ¼ turn left step back right, make ½ turn left step forward onto left
- 6 Step forward right
- 7-9 Step forward left, lock right behind left, step forward left
- 10-12 Step forward right, lock left behind right, step forward right

PART B (CHORUS)

SIDE ROCK LEFT, GRAPEVINE ¼ TURN LEFT, STEP FORWARD RIGHT, RONDE ½ TURN LEFT

- 1-3 Rock to left side on left, cross rock right behind left, recover onto left
- 4-6 Rock to right side on right, cross rock left behind right, recover onto right

- 7-9 Step left to left side, cross right behind left, make $\frac{1}{4}$ turn left stepping left forward
10-12 Step forward right, make $\frac{1}{2}$ turn left sweeping left toe around

WEAVE RIGHT, SIDE TRIPLE, CROSS STEP, RIGHT SIDE ROCK CROSS, $\frac{3}{4}$ ROLLING TURN RIGHT

- 1-3 Cross step left behind right, step right to right side, cross left over right
4&5 Step right foot to right/close left foot to right foot, step right foot to right
6 Cross step left over right
7-9 Rock right to right side, recover onto left, cross right over left
10-11 Turning $\frac{1}{4}$ turn right step back left, make $\frac{1}{2}$ turn right step forward onto right
12 Step forward left

SIDE ROCK RIGHT, GRAPEVINE $\frac{1}{4}$ TURN RIGHT, STEP FORWARD LEFT RONDE $\frac{1}{2}$ TURN RIGHT

- 1-3 Rock to right side on right, cross rock left behind right, recover onto right
4-6 Rock to left side on left, cross rock right behind left, recover onto left
7-9 Step right to right side, cross left behind right, make $\frac{1}{4}$ turn right stepping right forward
10-12 Step forward left, make $\frac{1}{2}$ turn right sweeping right toe around

WEAVE LEFT, SIDE TRIPLE, CROSS STEP, LEFT SIDE ROCK CROSS, $\frac{3}{4}$ ROLLING TURN LEFT

- 1-3 Cross step right behind left, step left to left side, cross right over left
4&5 Step left foot to left/close right foot to left foot, step left foot to left
6 Cross step right over left
7-9 Rock left to left side, recover onto right, cross left over right
10-11 Turning $\frac{1}{4}$ turn left step back right, make $\frac{1}{2}$ turn left step forward onto left
12 Step forward right

TWINKLE $\frac{1}{4}$ TURN LEFT (X 4)

- 1 Step left diagonally forward to make $\frac{1}{4}$ turn left
2-3 Step right beside left, step left in place
4 Step right diagonally back to make $\frac{1}{4}$ turn left
5-6 Step left beside right, step right in place
7-12 Repeat steps 1-6
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