

The Time Of Your Life

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dougie D (UK)
音樂: Tonight - Lionel Richie



WALKS BACKWARD, HEEL SWIVELS, CROSS ROCK & CROSS ROCK

1&2 Step back right with heel out, swivel heel in, step back left with heel out, swivel heel in
3&4 Repeat 1&2
5-6 Cross right over left, rock back on left
7&8 Step right to right side, cross left over right, step right beside left (weight on left)

TOE POINTS RIGHT & IN, SWIVEL ½ LEFT. TOE POINTS LEFT & IN SWIVEL ½ RIGHT.

1&2 Point right toe out to right side, bring right toe beside left, point right toe out to right side
3-4 Cross right over left, swivel ½ turn left
5&6 Point left toe out to left side, bring left toe beside right, point left toe out to left side
7-8 Cross left over right, swivel ½ turn right

CROSS ROCK ROCK CHASSE RIGHT CROSS ROCK CHASSE LEFT

1-2 Cross right over left, rock back on left
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross left over right rock back on right
7&8 Step left to left side, step right beside left, step left to left side

RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN LEFT, FORWARD ROCK ON RIGHT, RIGHT COASTER STEP

1&2 Step right behind left, step left to left side, step right to right side
3&4 Step left behind right, step right to right side, step left to left side with ¼ turn left
5-6 Rock forward on right, rock back on left
7&8 Step back on right, step left beside right, step forward on right

HEEL JACKS, LONG STEP BACK ON LEFT STEP RIGHT BESIDE LEFT HIP SWAYS

1&2& Step left heel forward, step left beside right, step right heel forward, step right beside left
3-4 Long step back on left, step right beside left
5-6 Sway hips right, left
7&8 Sway hips right, left, right

STEP ¼ LEFT, TWO ½ TURNS LEFT, RIGHT BESIDE LEFT, SIDE STEP CHASSE RIGHT

1-2 Step ¼ left with left, turn ½ left, step back on right
3-4 Step back on left with ½ turn left, step right beside left
5-6 Step right to right side, step left beside right
7&8 Step right to right side, step left beside right, step right to right side

SIDE STEPS CHASSE LEFT, STEPS BACK WITH HEEL SWIVELS

1-2 Step left to left side, step right beside left
3&4 Step left to left side, step right beside left, step left to left side
5&6 Step back right with heel out, swivel heel in, step back left with heel out, swivel heel in
7&8 Step back left with heel out, swivel heel in, step back right with heel out, swivel heel in

TWO MAMBO STEPS WITH 1-4 TURN RIGHT JAZZ BOX

1&2 Cross right over left, step back on left, step right beside left with ¼ turn left
3&4 Cross left over right, step back on right, step left beside right

5-6 Cross right over left, step back on left
7-8 Step right to right side, step left to right

REPEAT
