

Time To Live Your Life..!

COPPER STEPSHEETS **KNOB**

拍數: 32 牆數: 4 級數: Intermediate
編舞者: David J. McDonagh (WLS)
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



Start dance 16 counts after the vocals (when the beat kicks in) "And I Owe It All To You..."
Dedicated to (Ceris, Anthony, Kris & Alan) who helped me through very difficult times of my life

MAMBO FORWARD, MAMBO BACK, SIDE STEPS (WITH CUBAN HIPS)

1&2 Rock forward onto right, rock weight back onto left, step back onto right
3&4 Rock back onto left, rock weight forward onto right, step forward onto left
5& Step right to right side (hips left), step left beside right (hips center)
6& Step right to right side (hips left), step left beside right (hips center)
7& Step right to right side (hips left), step left beside right (hips center)
8 Step right to right side (hips left)

Click/snap left fingers down to left side on the above counts 5,6,7,8 (not the '&' counts)

¼ TURN INTO SIDE MAMBO, BACK LOCK STEP & SHUFFLE, SCUFF-SCOOT-STEP

1&2 Step left to left side into ¼ turn right, rock weight back onto right, step left beside right
3&4 Step back onto right, cross-step left over right, step back onto right
& Step left beside right
5&6 Step forward onto right, step left beside right, step forward onto right
7&8 Scuff left forward, hop onto right foot slightly forward, step forward onto left

& STEP, TOE-HEEL-TOE, STEP, TOE-HEEL-TOE, STEP, POINT

&1 Step/pounce/hop right to right side, step left beside right
2 On ball of right heel - swivel right toe right
& On ball of right toe - swivel right heel right
3 On ball of right heel - swivel right toe right
4 Step left beside right while swiveling right heel right (to center)
5 On ball of right heel - swivel right toe right
& On ball of right toe - swivel right heel right
6 On ball of right heel - swivel right toe right
7 Step left beside right while swiveling right heel right (to center)
8 Point right toe to right side

TOUCH, DIAGONAL STEPS (WITH HIPS), MAMBO BACKS, CLAP

1 Touch right toe beside left
2 Step right forward to right diagonal with hips extended to right diagonal
3 Step left forward to left diagonal with hips extended to left diagonal
4&5 Rock back onto right, rock weight forward onto left, step right beside left
6&7 Rock back onto left, rock weight forward onto right, step left beside right
8 Clap hands

REPEAT

Near the end of the dance during wall 11, the music slows down, but don't slow down the actual steps. Dance it through the normal speed of the dance and when you hit the front wall, the last count (clap hands) fits perfectly to start the dance off again.