

Lifetime Waltz

COPPER KNOB
STEP SHEETS

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Paul Turney (UK) - February 2011
音樂: The Time of My Life - David Cook : (Album: "David Cook" and as a single, This isn't the Dirty Dancing theme)



Start after 48 counts (after 21 seconds on the word "until")

SECTION 1 : Step, Pivot, Kick, Coaster Step, Touch, Kick, Weave In Front, Side, Behind

- 1 – 3 Step forward on right foot. Pivot ½ turn left. Low kick left foot forward. [6:00]
- 4 – 6 Step back on left. Step right next to left. Step forward on left.
- 7 Touch right next to left bending left knee slightly.
- 8 – 9 Kick right to right diagonal rising up onto left toes (over 2 counts)
- 10 – 12 Cross right in front of left. Step left to the left side. Cross right behind left.

SECTION 2 : Left & Right, Step, Drag, Touch, Cross, ¼ Turn, Step Left, Right Cross, Unwind

- 1 – 3 Step left to left side. Drag right up to left. Touch right in place.
- 4 – 6 Step right to right side. Drag left up to right. Touch left in place.
- 7 – 9 Cross left over right. Step right to right side making ¼ turn left. Step left to left side. [3:00]
- 10 – 12 Cross right over left. Unwind full turn left over 2 counts leaving weight on right foot. [3:00]

SECTION 3 : Left Shuffle, Rock, Recover, Hitch, Run Back R, L, ¼ Turn, Cross, Hitch Cross

- 1 – 3 Step forward on left. Step right next to left. Step forward on left.
- 4 – 6 Rock forward onto right. Recover onto left. Hitch right.
- 7 – 9 Step back on right. Step back on left. ¼ turn right stepping right to side. [6:00]
- 10 – 12 Cross left over right. Hitch right knee crossing in front of left (over 2 counts)

SECTION 4 : Right & Left Twinkles Moving Forward, Cross Rock, Hold x 2, Back, Drag, Touch

- 1 – 3 Cross step right over left while moving forward. Step left to left side. Step right in place.
- 4 – 6 Cross step left over right while moving forward. Step right to right side. Step left in place.
- 7 – 9 Cross rock right over left. Hold. Hold.
- 10 – 12 Large step back on left. Drag right back. Touch right toes in place.

Start again and enjoy !

Contact: paul@nulinecumbria.com - www.nulinecumbria.com - mob : +44 7803 900258