

Time of Our Lives

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Mark Furnell (UK) - October 2011
音樂: The Time of Our Lives - Miley Cyrus



[1-8] Side Rock, Behind, Side, Cross, Kick Ball Touch, Kick Ball Touch

1, 2 Rock Rt to Rt, Rock back On Lt
3&4 Step Rt Behind Lt, Step Lt to Lt, Cross Rt over Lt
5&6 Kick Lt Fwd, Step Lt next to Rt, Touch Lt in place
7&8 Kick Rt Fwd, Step Rt next to Lt, Touch Rt in place

[9-16] Side Rock, Behind, Side, Cross. Turn, Turn, Out, Out

1, 2 Rock Lt to Lt, Rock back on Rt,
3&4 Step Lt behind Rt, Step Rt to Rt, Cross Lt over Rt
5, 6 Step back Rt making $\frac{1}{4}$ turn Lt, Close Lt to Rt making $\frac{1}{4}$ turn Lt
7, 8 Step Rt diagonally back, Step Lt to Lt.

Optional Hands: Raise Rt hand as you step back on count 5, Raise Lt hand as you step together on count 6.
Bring Rt hand to hip to Rt hip on count 7, Bring Lt hand to Lt hip on count 8

RESTART HERE ON WALL 5

[17-24] Rock step, Chasse, Rock step, Chasse $\frac{1}{4}$ turn

1, 2 Cross rock Rt over Lt, Replace weight on Lt
3&4 Step Rt to Rt, Close Lt to Rt, Step Rt to Rt
5, 6 Cross Rock Lt over Rt, Replace weight in Rt
7&8 Step Lt to Lt, Close Rt to Lt, Step Lt to Lt making $\frac{1}{4}$ turn Lt

[25-32] Step Touch, Rock and Cross, Turn, Side, Cross, Cross, Side, Cross

1-2 Step Rt to Rt. Touch Lt to Rt
3&4 Rock Lt to Lt, Replace weight on Rt and cross Lt over Rt
5&6 Step back Rt making $\frac{1}{4}$ turn Lt, Step Lt to Lt, Cross Rt over Lt
7&8 Step Lt cross Rt making $\frac{1}{4}$ turn Lt, Step Rt to Rt, Cross Lt over Rt.

Happy Dancing.....
