

The Time Of Our Life

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Anaïs Bruckmann - April 2012
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes : (Album: Dirty Dancing)



Count In: The dance starts when Jennifer Warnes finish to say the stanza: "...and I owe it all to you", so when the rythm begins.

Notes: A big thanks to Christine and René for their advices and help. ;o)

[1 - 8] Step left to left side, Touch, Triple step full turn, mambo step, rock back, scuff, hitch

1, 2 Step Left foot left (1), touch right foot next to left (2) 12.00
3 & 4 Triple step full turn right on place Right (3), Left (&), Right (4) 12.00
5 & 6 Rock step left foot forward (5), recover (&), close left foot next to right foot (6)12.00
7 & a 8 Rock back right foot backward (7), recover (&), scuff (a), hitch (8) 12.00

The second tag starts after the first 8 counts on the 12th wall, when the music slows down.

[9-16] Walk R, Walk L, kick ball touch (turning head), recover, step R, step L back, Rolling hips

1, 2 Walk right forward (1), walk left forward (2) 12.00
3 & 4 & Kick right foot (3), step right foot back* (&), touch left foot (4), recover the weight on left foot (&) 12.00

* as you step back, your body is opened to the diagonal and your head turns to the back. When you recover your weight, you turn you head forward

5, 6 Step right foot forward (5), step left foot back on place (6) 12.00
7, 8 Rolling hips: move your hips in a circle way from back down to forward up 2 times (the same movement as Patrick Swayze's in the film) weight is now on the right foot 12.00

[17 - 24] Step pivot ¼ turn, Cross & Cross, Side Rock, Ball touch, Ball flick

1, 2 Step left foot forward (1), pivot ¼ turn to the right (2) 3.00
3 & 4 Cross left foot over (3), step right foot to the right (&), cross left foot over (4) 3.00
5, 6 Side Rock right foot to the right (5), recover (6) 3.00
& 7 & 8 Step right foot next to left (&), touch left foot to the left (7), step left foot next to right (&), flick right foot (8) 3.00

[25 - 32] Cross rock, sailor step, touch pivot ½, kick-ball-touch

1, 2 Cross rock right foot (1), as you recover start to do a sweep with your right foot (2) 3.00
3 & 4 Cross right foot behind left (3), step left foot to the left (&), step right foot to the right (4) 3.00
5, 6 Touch left foot back (5), pivot ½ turn the left and take your weight on the left foot(6) 9.00
7 & 8 Kick right foot (7), step right foot next to left (&), touch left foot next to right (8)9.00

The first tag starts here after the 10th wall.

TAG 1:

[1 - 4] Rock Step, Mambo touch

1, 2 Rock step left foot forward (1), recover (2) 12.00
& 3, 4 Side rock left foot to the left (&), recover (3), touch left foot next to right foot (4)12.00

TAG 2: this tag appears when the music slows down

[1 - 8] Step forward, step pivot ½ turn, nightclub basic, rock step, sweep

1, 2 & Step Right forward (1), Step Left forward (2), pivot ½ to the right (&), 12.00
3, 4 Big step left to the left side (3), close right foot behind in a third position (4) 6.00
5, 6 & Step left slightly forward (&), rock right foot forward (5), As you recover start a sweep with your right foot (6) 6.00
7, 8 Finish the sweep (7), cross right foot behind left (8) 6.00

[9 - 16] Rock step side, recover & chassés, nightclub basic right, nightclub basic left, step right forward

- & 1 & 2 Rock left foot to the left (&), recover (1), step left foot beside right foot (&), step right foot right side (2), 6.00
- & 3 & 4 step left foot beside right foot (&), step right foot right side(3), step left foot beside right foot (&), big step right foot right side(4), 6.00
- 5 & 6 Step left foot behind right foot in third position (5), cross right foot over left (&), big step left foot to the left (6) 6.00
- 7 & 8 Rock right foot back (7), recover (&), step right foot forward (8) 6.00

[17 - 20] Step pivot ½ step, step pivot ½ step, ¼ turn step right, touch

- 1 & 2 Step left foot forward, pivot ½ turn to the right, step left foot forward 12.00
- & 3 & 4 Step right foot forward, pivot ½ to the left, ¼ turn step right foot to the right side, touch left toe next to right (&) 3.00

ENJOY, HAVE FUN! ;o)
