It's The Truth



Count: 32 Wand: 4 Ebene: Intermediate

Choreograf/in: Chris Cleevely (UK)

Musik: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



INTRO

Danced just once, when the instrumental starts. Drop this intro if Tim McGraw track is used 2 X MONTEREY TURNS, POINT BACK RIGHT, STEP IN PLACE, POINT BACK LEFT, STEP IN PLACE, FORWARD RIGHT MAMBO, FORWARD LEFT MAMBO

1-2	Point right toes to right side, pivot ½ turn right and step right next to left
3-4	Point left toes to left side, step left by right
5-6	Point right toes to right side, pivot ½ turn right and step right next to left
7-8	Point left toes to left side, step left by right
9-10	Point right toes back (on right diagonal), step right in place & clap
11-12	Point left toes back (on left diagonal, step left in place & clap)
13-14	Rock forward on right, recover weight on left, step right by left
15&16	Rock forward on left, recover weight on right, step left by right

THE MAIN DANCE

STEP, ROCK, RECOVER (TRAVELING FORWARD)

1&2	Step forward on right, rock back on left, recover weight on right (snap fingers of left hand)
3&4	Step forward on left, rock back on right, recover weight on left (snap fingers of right hand)
5&6	Step forward on right, rock back on left, recover weight on right (snap fingers of left hand)
7&8	Step forward on left, rock back on right, recover weight on left (snap fingers of right hand)

RIGHT SCISSOR STEP, LEFT SCISSOR STEP, KICK, 1/4 TURN RIGHT, TWIST, TWIST, 1/4 TURN LEFT

9&10	Step right to right side, step left by right, cross right over left
11&12	Step left to left side, step right by left, cross left over right
13-14	Kick right foot forward, twist ¼ turn right (weight on left)

15&16 Twist heels right, twist heels left, twist heels right making ¼ turn left (weight on right)

LEFT COASTER STEP, RIGHT FORWARD MAMBO, HIP BUMPS ON LEFT DIAGONAL, HIP BUMPS ON RIGHT DIAGONAL

17&18	Step back on left, step right by left, step left forward
19&20	Rock forward on right, recover weight on left, step right by left
21&22	Step forward on left diagonal and bump hips left/right/left
23&24	Step forward on right diagonal and bump hips right/left/right

LEFT 1/4 TURNING SAILOR STEP, ROCK, RECOVER, FULL TURN, ROCK RECOVER

25&26	Making ¼ turn left cross left behind right, step right to right side, step left to left side
27-28	Rock forward on right, recover weight on left
29-30	Step ½ turn right, keeping weight on right pivot ½ turn right stepping back on left
31-32	Rock back on right, recover weight on left

REPEAT

RESTART

For Dirty Dancing track only: on 11th wall restart dance after count 28 (on count 28 you will be facing 3:00)

ENDING

For dirty dancing track only: last wall (14th) on counts 29-30 (6:00), make a 1 ½ turn over right shoulder (stepping right/left/right) to finish facing 12:00

