

Dirty Dancing

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Lizzie Clarke (SCO) & Ed Lawton (UK)

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



MAMBO TWICE SWITCHES X4 MOVING FORWARD

- 1&2 Rock right to right side, rock on to left, step right next to left
- 3&4 Repeat counts 1&2 on left
- 5&6 Touch right heel forward, step right next to left, touch left heel forward
- &7& Step left next to right, touch right heel forward, step right next to left
- 8 Touch left heel forward

Counts 5-8 are moving forward

AND ROCK ½ TURN SHUFFLE, ROCK ¼ TURN SHUFFLE

- &1-2 Step left next to right, step forward on right, rock back on left
- 3&4 Make ½ turn right, stepping right, left, right
- 5-6 Step left to left side, rock on to right making a ¼ turn right
- 7&8 Shuffle forward on left, right, left

ROCK AND ROCK X 3 ½ TURN, CROSS SIDE, SAILOR ¼ TURN

- 1&2 Step forward on right, rock on to left, step right to right side
- &3 Rock on to left making a ¼ turn right, a ¼ right as you step right to right side
- &4 Rock on to left, step forward on right
- 5-6 Step left over right, step right to right side
- 7&8 Step left behind right, step right to right, step left to left making a ¼ turn left

BUMP ¼ TURN, SAILOR ¼ TURN, ¾ PIVOT, STEP DRAG

- 1-2 Touch right toe forward as you bump right hip up, step weight onto right making a ¼ turn left
- 3&4 Step left behind right, step right to right, step left to left making ¼ turn left
- 5-6 Step forward on right, pivot ¾ turn left
- 7-8 Take a large step to right, drag left to right

REPEAT