

Dirty Dancing

拍数: 32 墙数: 2 级数: Beginner
编舞者: GoWildWest Isabel (CH) - April 2025
音乐: (I've Had) The Time of My Life (feat. Colt Prattes, Abigail Breslin, J. Quinton Johnson, Nicole Scherzinger, Debra Messing & Bruce Greenwood) - The Cast Of Dirty Dancing



Split Intro with 2 Parts: All people left side are Intro A and all people right side are Intro B

Split Intro:

- 1-16 A Slowly walk in with finger pointing (come from the side and walk 3 clock fwd)
1-16 B slowly walk in (Come from the side and walk 9 clock fwd)

Intro A people have to wait

Intro B people can do a nice girls move

- 1 Cross your left hand in front of your stomach.
2-4 The right hand slowly goes up
5-6 Go Down with the right hand and strokes your cheek
7-8 Cross over the belly, so that you hug yourself.

S 1: 2x Rollin Vine (Optional Vine without Turn) Snip Fingers

- 1, 2 RF step R with a $\frac{1}{4}$ turn R, LF step back with $\frac{1}{2}$ turn R
3, 4 RF step R with $\frac{1}{4}$ turn, LF touch same time snip fingers
5, 6 LF step L with a $\frac{1}{4}$ turn L, RF step back with $\frac{1}{2}$ turn L
7, 8 LF step L with $\frac{1}{4}$ turn L, RF touch same time snip fingers

Optional

- 1-4 RF step R, LF cross behind, RF step R, LF touch same time snip fingers
5-8 LF step L, RF cross behind, LF step L, RF touch same time snip fingers

S 2: 4x Mambo Steps

- 1&2 RF rock fwd, weight on LF, RF step back
3&4 LF rock back, weight on RF, LF step fwd
5&6 RF rock R, weight on LF, RF cross infront
7&8 LF rock L, weight on RF, LF cross infront

S 3: 4x Toe Strut, Mambo

- 1& RF toe, RF strut
2& LF toe, LF strut
3&4& Repeat
5&6 RF rock fwd, weight on LF, RF step back
7&8 LF rock back, weight on RF, LF step fwd

S 4: Bounce Turn, Flick, Hip Bumps or Side Touch

- 1 RF step fwd
2, 3 turn on both feet $\frac{1}{2}$ L
4 RF flick
5, 6 2x hip bump right (or RF right, LF touch)
7, 8 2x hip bump left (or LF left, RF touch)

Last Update: 28 Apr 2025