

Time Of My Life

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 1 级数: Improver
编舞者: Niels Poulsen (DK)
音乐: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



Sequence: AAA, B, Tag 1, AA, Tag 1, BB, Tag 2, A, Tag 3, ABB
This dance is dedicated to my very good friend from Denmark: Sussie Maersk

PART A

The verse, always done facing 12:00

MAMBO ¼ TURN RIGHT, MAMBO STEP FW, MAMBO ¼ TURN RIGHT, MAMBO STEP FW

1&2 Rock forward on right, recover on left, turn ¼ right stepping right to right side (facing 3:00)
3&4 Rock forward on left, recover on right, bring left next to right
5&6 Rock forward on right, recover on left, turn ¼ right stepping right to right side (facing 6:00)
7&8 Rock forward on left, recover on right, bring left next to right

TOE TOUCHES, & CROSS ¼ TURN RIGHT, ROCK BACK RIGHT (WITH LEFT KNEE POP)

1&2& Touch right next to left, step down on right, point left toe forward, step left next to right
3&4 Touch right next to left, step down on right, point left toe forward
&5-6 Step left next to right, cross right over left, turn ¼ right stepping back on left (facing 9:00)
7-8 Rock back on right popping left knee forward, recover weight to left

SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, TRIPLE ¾ TURN LEFT, CROSS ROCK STEP

1&2 Step forward on right, bring left behind right, step forward on right
3-4 Rock forward on left, recover weight to right
5&6 Turn ½ left stepping forward on left, turn ¼ left stepping right next to left, step left next to right
(make the turn on the spot) (facing 12:00)
7-8 Cross rock right over left, recover weight on left

& SYNCOPATED EXTENDED WEAVE (SMALL STEPS!), CROSS ROCK STEP, CHASSÉ LEFT

&1&2 Small step back on right, cross left over right, step right to right side, cross left behind right
&3&4& Small step back on right, cross left over right, step right to right side, cross left behind right,
small step back on right
5-6 Cross rock left over right, recover weight on right
7&8 Step left to left side, bring right next to left, step left to left side

PART B

The chorus, always done facing 12:00

FULL PADDLE TURN RIGHT TWICE (DONE IN SMALL CIRCLES)

Or do as many full turns you like

1&2& Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping
small step forward on right, bring left next to right (facing 6:00)
3&4& Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping
small step forward on right, bring left next to right (facing 12:00)
5&6& Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping
small step forward on right, bring left next to right (facing 6:00)
7&8 Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping
small step forward on right (facing 12:00)

FULL PADDLE TURN LEFT TWICE (DONE IN SMALL CIRCLES)

Do as many full turns you like

1&2& Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping
small step forward on left, bring right next to left (facing 6:00)

- 3&4& Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left, bring right next to left (facing 12:00)
- 5&6& Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left, bring right next to left (facing 6:00)
- 7&8 Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left (facing 12:00)

ROCK FORWARD RIGHT, ½ SHUFFLE TURN RIGHT, STEP ¼ RIGHT, CROSS SHUFFLE

- 1-2 Rock forward on right, recover weight to left
- 3&4 Turn ¼ right stepping right to right side, bring left next to right, turn ¼ right stepping forward on right
- 5-6 Step forward on left, turn ¼ right stepping right to right side (facing 9:00)
- 7&8 Cross left over right, step right to right side, cross left over right

¼ TURN LEFT, ½ TURN LEFT, SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, LEFT COASTER STEP

- 1-2 Turn ¼ left stepping back on right, turn ½ turn left stepping forward on left (facing 12:00)
- 3&4 Step forward on right, bring left behind right, step forward on right
- 5-6 Rock forward on left, recover weight to right
- 7&8 Step back on left, step right next to left, step forward on left

TAG 1

Do the first 12 counts of section A. Then add 2 step ¼ turns LEFT so you face 12:00 again. End with weight on LEFT. The 4 extra steps reads like this:

& LEFT NEXT TO RIGHT, STEP ¼ TURN LEFT TWICE

- &5-6 Bring left next to right, step forward on right, turn ¼ left recovering weight to left
- 7-8 Step forward on right, turn ¼ left recovering weight to left (facing 12:00)

TAG 2

Do the first 16 counts of section A (you face 9:00). Then add a step ½ turn LEFT & a step ¼ LEFT so you face 12:00 again. End with weight on LEFT. The 4 extra steps reads like this:

STEP ½ TURN LEFT, STEP ¼ TURN LEFT

- 1-2 Step forward on right, ½ turn left (weight on left)
- 3-4 Step forward on right, ¼ left (weight on left) (facing 12:00)

TAG 3

This tag occurs close to the end of the music (3:46 into track). You can hear a distinct change in the music, right before the part when the beat disappears and there is only singing left. Do the following:

¼ PADDLE TURN LEFT X 4

- 1-2 Step forward on right, turn ¼ left recovering weight on left
 - 3-4 Step forward on right, turn ¼ left recovering weight on left
 - 5-6 Step forward on right, turn ¼ left recovering weight on left
 - 7-8 Step forward on right, turn ¼ left recovering weight on left (facing 12:00)
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