

The Time of Our Lives

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Paul Cheevers (IRE) - June 2024
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



intro: 40 seconds

Section 1- Cross point- cha cha cha

- 1-4 Cross and point R over L, cross and point R over R side, Cha cha cha on the spot R-L-R.
5-8 Cross and point L over R, cross and point L over L side, Cha cha cha on the spot L-R-L

Section: 2- Rocking chair - Pivot turns x 2

- 1-8 Rock forward on R, rock back on L, rock back on R, rock forward on L Step forward on right turning ½ counter clock Step forward on right turning ½ counter clock.

Section: 3- Hip rolls – rocking chair

- 1-8 Step forward on R ,roll R hip twice, step forward on L, roll L hip twice, Rock forward on R foot, rock back on L, rock back on R, rock forward on L
9-12 Step forward on R ,roll R hip twice, step forward on L, roll left hip twice.

Section: 4- Grapevine x 2

- 1-8 side step R to R side, step L behind R, step R out to R side, bring L beside R, side step L to L side, step R behind L, step L to L point R toe to front.

Section: 5 – Step backs - side arm swings- pivot counter cross ½ turn.

- 1-4 Step back on R, step back on L (rolling shoulders behind) wide step R behind –wide step L behind
5-8 (Swing both arms to R side, turn hips to same direction, Swing both arms to L side turn hips to same direction
9-12 Swing both arms to R side turn hips to same direction, Cross R leg over L leg, swing arms to L and ½ pivot turn both feet counter clock.

(Dance repeats to fade to ½ turn counter)

Dedicated

In memory of my dear friend dancer - David Barry (Badser)

Last Update: 19 May 2025