

拍數: 64 牆數: 2 級數: Intermediate social cha

編舞者: Dianne Panter (UK)

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



1/8 TURN LEFT AND POINT FORWARD RIGHT, POINT BACK, RIGHT SHUFFLE FORWARD, 1/4 TURN RIGHT POINT FORWARD RIGHT, POINT BACK, LEFT SHUFFLE FORWARD

1-2	1/8 turn to left corner	on ball of left and r	point right toe forward	I, point right toe back

3&4 Step forward right, close left beside right, step forward right

5-6 ½ turn to right corner on ball of right and point left toe forward, point left toe back

7&8 Step forward left, close right beside left, step forward left

RIGHT HITCH AND ¼ TURN LEFT AND FORWARD ROCK RECOVER, SAILOR ½ TURN RIGHT, FORWARD ROCK RECOVER, ¼ SHUFFLE TURN

1-2 Hitch right knee and on ball of left ¼ turn to left corner and rock forward right, recover onto

left

3&4 Cross right behind left, make ½ turn right, step left to left side, step right to right side (into

corner)

5-6 Rock forward left, recover onto right

7&8 Shuffle step making ¼ turn to left stepping left, right beside left, step forward on left (into

corner)

FORWARD ROCK RECOVER, SAILOR ½ TURN RIGHT, ROCK FORWARD RECOVER, 1/8 SHUFFLE TURN

1-2 Rock forward right, recover onto left

3&4 Cross right behind left, make ½ turn right, step left to left side, step right to right side (into

corner)

5-6 Rock forward left, recover onto right

7&8 Shuffle step making 1/8 turn to left stepping left, right beside left, step left to left side

SKATE, SKATE, RIGHT SHUFFLE FORWARD, FORWARD ROCK RECOVER, SHUFFLE 1/2 TURN LEFT

1-2 Skate right, skate left

3&4 Step forward right, close left beside right, step forward right

5-6 Rock forward left, recover onto right

7&8 Shuffle step back making ½ turn left stepping left, right beside left, step left forward

LEFT FULL TURN FORWARD, RIGHT FORWARD LOCK STEP, FORWARD ROCK RECOVER, LEFT BACK LOCK STEP

1-2 On ball of left make ½ turn left stepping back right. On ball of right make ½ turn left stepping

forward left

3&4 Step forward right, lock left behind right, step forward right

5-6 Rock forward left, recover back onto right

7&8 Step back left, lock right across front of left, step back onto left

WALK, WALK, FEET TOGETHER, 1/4 HEEL TURN RIGHT, FORWARD ROCK RECOVER, COASTER STEP

1-2 Step back right, step back left

3-4 Step right beside left. On both heel make 1/4 turn to right

5-6 Rock forward on left, recover back on right

7&8 Step back left, step right beside left, step forward left

WEAVE RIGHT WITH ½ TURN WEAVE LEFT WITH ¼ TURN, ROCK FORWARD AND RECOVER

1-2 Step right to right side, cross left behind right

3-4	Make ¼ right stepping onto right, make ¼ turn right stepping left to left side			
5-6	Cross right behind left, make ¼ turn left stepping forward on left			
7-8	Rock forward right, recover back onto left			
SHUFFLE ½ TURN RIGHT, RIGHT FULL TURN FORWARD, LEFT LOCK STEP, STEP ½ PIVOT				
1&2	Shuffle step back making ½ turn right stepping right, left beside right, step right forward			
3-4	On ball of right make $\frac{1}{2}$ turn right stepping back left. On ball of left make $\frac{1}{2}$ turn right stepping forward right			
5&6	Step forward left, lock right behind left, step forward left			
7-8	Step forward right, make ½ turn left			
DEDEAT				

REPEAT