

Lifetime Waltz

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Count: 48

Wall: 2

Level: Easy Intermediate

Choreographer: Paul Turney (UK)

Music: 'The Time Of My Life' by David Cook; (This isn't the Dirty Dancing theme) On the album "David Cook" and as a single (156bpm)

Start after 48 counts (after 21 seconds on the word "until")

SECTION 1 : Step, Pivot, Kick, Coaster Step, Touch, Kick, Weave In Front, Side, Behind

- 1 - 3 Step forward on right foot. Pivot $\frac{1}{2}$ turn left. Low kick left foot forward. [6:00]
- 4 - 6 Step back on left. Step right next to left. Step forward on left.
- 7 Touch right next to left bending left knee slightly.
- 8 - 9 Kick right to right diagonal rising up onto left toes (over 2 counts)
- 10 - 12 Cross right in front of left. Step left to the left side. Cross right behind left.

SECTION 2 : Left & Right, Step, Drag, Touch, Cross, $\frac{1}{4}$ Turn, Step Left, Right Cross, Unwind

- 1 - 3 Step left to left side. Drag right up to left. Touch right in place.
- 4 - 6 Step right to right side. Drag left up to right. Touch left in place.
- 7 - 9 Cross left over right. Step right to right side making $\frac{1}{4}$ turn left. Step left to left side. [3:00]
- 10 - 12 Cross right over left. Unwind full turn left over 2 counts leaving weight on right foot. [3:00]

SECTION 3 : Left Shuffle, Rock, Recover, Hitch, Run Back R, L, $\frac{1}{4}$ Turn, Cross, Hitch Cross

- 1 - 3 Step forward on left. Step right next to left. Step forward on left.
- 4 - 6 Rock forward onto right. Recover onto left. Hitch right.
- 7 - 9 Step back on right. Step back on left. $\frac{1}{4}$ turn right stepping right to side. [6:00]
- 10 - 12 Cross left over right. Hitch right knee crossing in front of left (over 2 counts)

SECTION 4 : Right & Left Twinkles Moving Forward, Cross Rock, Hold x 2, Back, Drag, Touch

- 1 - 3 Cross step right over left while moving forward. Step left to left side. Step right in place.
- 4 - 6 Cross step left over right while moving forward. Step right to right side. Step left in place.

7 - 9 Cross rock right over left. Hold. Hold.

10 - 12 Large step back on left. Drag right back. Touch right toes in place.

Start again and enjoy !

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=82069