

THE TIME OF MY LIFE

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Michael Lynn

Music: I Had The Time Of My Life by Bill Medley & Jennifer Warnes

FORWARD RIGHT MAMBO, BACK LEFT MAMBO, SIDE MAMBOS

- 1&2** Rock forward right, recover weight onto left, step right beside left
- 3&4** Rock back onto left, recover weight onto right, step left beside right
- 5&6** Rock backward right, recover weight onto left, step right beside left
- 7&8** Rock left to left side, recover weight onto right, step left beside right

SYNCOPATED WEAVE, RIGHT SAILOR STEP, LEFT SAILOR STEP ¼ TURN RIGHT, FLICK

- 1&2** Cross right over left, step left to left side, cross right behind left
- 3&4** Step left to left side, cross left over right, step left to left side
- 5&6** Cross right behind left, step left to left side, step right to place
- 7&8&** Cross left behind right, right foot ¼ turn right, point left to left side, flick heel

SYNCOPATED JAZZ BOX, CROSS RIGHT SHUFFLE, SIDE SWITCHES, HEEL SWITCHES

- 1&2** Cross left over right, step back on right, step left to left side
- 3&4** Cross right over left, step left to left side, cross right over left
- 5&6&** Touch left toe to left side, step left beside right, touch right toe to right side, step right beside left
- 7&8** Touch left heel forward, step left beside right, touch right heel forward

BACK RIGHT SHUFFLE, ROCK 'N' CROSS, BEHIND SIDE CROSS, TRIPLE TURN

- 1&2** Step back right, close left beside right, step back right
- 3&4** Side rock left to left side, recover weight onto right, cross left over right
- 5&6** Step right to right side, cross left behind right, step right to right side
- 7&8** Triple step ¾ turn right, stepping - right, left, right

REPEAT