

# TIME OF MY LIFE

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**Count:** —                      **Wall:** 1                      **Level:** Beginner / Intermediate

**Choreographer:** Niels Poulsen

**Music:** I Had The Time Of My Life by 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  $\frac{1}{4}$  right stepping small step forward on right, bring left next to right, turn  $\frac{1}{4}$  right stepping small step forward on right, bring left next to right (facing 6:00)
- 3&4&** Turn  $\frac{1}{4}$  right stepping small step forward on right, bring left next to right, turn  $\frac{1}{4}$  right stepping small step forward on right, bring left next to right (facing 12:00)
- 5&6&** Turn  $\frac{1}{4}$  right stepping small step forward on right, bring left next to right, turn  $\frac{1}{4}$  right stepping small step forward on right, bring left next to right (facing 6:00)
- 7&8** Turn  $\frac{1}{4}$  right stepping small step forward on right, bring left next to right, turn  $\frac{1}{4}$  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  $\frac{1}{4}$  left stepping small step forward on left, bring right next to left, turn  $\frac{1}{4}$  left stepping small step forward on left, bring right next to left (facing 6:00)
- 3&4&** Turn  $\frac{1}{4}$  left stepping small step forward on left, bring right next to left, turn  $\frac{1}{4}$  left stepping small step forward on left, bring right next to left (facing 12:00)
- 5&6&** Turn  $\frac{1}{4}$  left stepping small step forward on left, bring right next to left, turn  $\frac{1}{4}$  left stepping small step forward on left, bring right next to left (facing 6:00)
- 7&8** Turn  $\frac{1}{4}$  left stepping small step forward on left, bring right next to left, turn  $\frac{1}{4}$  left stepping small step forward on left (facing 12:00)

### **ROCK FORWARD RIGHT, $\frac{1}{2}$ SHUFFLE TURN RIGHT, STEP $\frac{1}{4}$ RIGHT, CROSS SHUFFLE**

- 1-2** Rock forward on right, recover weight to left

- 3&4** Turn  $\frac{1}{4}$  right stepping right to right side, bring left next to right, turn  $\frac{1}{4}$  right stepping forward on right
- 5-6** Step forward on left, turn  $\frac{1}{4}$  right stepping right to right side (facing 9:00)
- 7&8** Cross left over right, step right to right side, cross left over right

**$\frac{1}{4}$  TURN LEFT,  $\frac{1}{2}$  TURN LEFT, SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, LEFT COASTER STEP**

- 1-2** Turn  $\frac{1}{4}$  left stepping back on right, turn  $\frac{1}{2}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  TURN LEFT TWICE**

- &5-6** Bring left next to right, step forward on right, turn  $\frac{1}{4}$  left recovering weight to left
- 7-8** Step forward on right, turn  $\frac{1}{4}$  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  $\frac{1}{2}$  turn LEFT & a step  $\frac{1}{4}$  LEFT so you face 12:00 again. End with weight on LEFT. The 4 extra steps reads like this:**

**STEP  $\frac{1}{2}$  TURN LEFT, STEP  $\frac{1}{4}$  TURN LEFT**

- 1-2** Step forward on right,  $\frac{1}{2}$  turn left (weight on left)
- 3-4** Step forward on right,  $\frac{1}{4}$  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:**

**$\frac{1}{4}$  PADDLE TURN LEFT X 4**

- 1-2** Step forward on right, turn  $\frac{1}{4}$  left recovering weight on left

- 3-4** Step forward on right, turn  $\frac{1}{4}$  left recovering weight on left
- 5-6** Step forward on right, turn  $\frac{1}{4}$  left recovering weight on left
- 7-8** Step forward on right, turn  $\frac{1}{4}$  left recovering weight on left (facing 12:00)

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=43318](https://www.linedance.com/index.php?f=dance_view&id=43318)