

It's The Truth

32 count, 4 wall, Intermediate level

Choreographer: Chris Cleevely (Nov 03)

Choreographed to: (I've Had) The Time Of My Life by
Bill Medley & Jennifer Warnes (Dirty Dancing Album)
(108bpm)

16 COUNT INTRO (When instrumental starts.) (DANCE ONCE ONLY):

2 x Monterey Turns; Point Back Right, Step in Place, Point Back Left, Step in Place;

Forward Right Mambo; Forward Left Mambo

Point right toes to right side, pivot ½ turn right and step right next to left (1 - 2)

Point left toes to left side, step left by right (3 - 4)

Point right toes to right side, pivot ½ turn right and step right next to left (5 - 6)

Point left toes to left side, step left by right (7 - 8)

Point right toes back (on right diagonal), step right in place & clap (9 - 10)

Point left toes back (on left diagonal), step left in place & clap (11 - 12)

Rock forward on right, recover weight on left, step right by left (13 & 14)

Rock forward on left, recover weight on right, step left by right (15 & 16)

Step ,Rock, Recover (Travelling Forward)

1 & 2 Step forward on right, rock back on left, recover weight on right (snap fingers of left hand)

3 & 4 Step forward on left, rock back on right, recover weight on left (snap fingers of right hand)

5 & 6 Step forward on right, rock back on left, recover weight on right (snap fingers of left hand)

7 & 8 Step forward on left, rock back on right, recover weight on left (snap fingers of right hand)

Right Scissor Step; Left Scissor Step; Kick, 1/4 Turn Right; Twist, Twist, 1/4 Turn Left

9 & 10 Step right to right side, step left by right, cross right over left

11 & 12 Step left to left side, step right by left, cross left over right

13 - 14 Kick right foot forward, twist 1/4 turn right (weight on left)

15 & 16 Twist heels right, twist heels left, twist heels right making 1/4 turn left (weight on right)

Left Coaster Step; Right forward Mambo; Hip Bumps on Left Diagonal; Hip Bumps on Right Diagonal

17 & 18 Step back on left, step right by left, step left forward

19 & 20 Rock forward on right, recover weight on left, step right by left

21 & 22 Step forward on left diagonal and bump hips left/right/left

23 & 24 Step forward on right diagonal and bump hips right/left/right

Left 1/4 Turning Sailor Step; Rock, Recover; Full Turn; Rock Recover

25 & 26 Making ¼ turn left cross left behind right, step right to right side, step left to left side

27 - 28 Rock forward on right, recover weight on left

29 - 30 Step ½ turn right, keeping weight on right pivot 1/2 turn right stepping back on left

31 - 32 Rock back on right, recover weight on left

On 11th wall restart dance after count 28 (on count 28 you will be facing 3.00).

Last wall (14th) On counts 29 – 30 (you will now be facing 6.00) - make a 1 ½ turn over right shoulder (stepping right/left/right) to finish facing 12.00.

(Optional – When dancing mambo steps, hold hands in mambo style.)
