

Lifetime Waltz

48 Count, 2 Wall, Intermediate

Choreographer: Paul Turney (UK) February 2011

Choreographed to: The Time Of My Life by David Cook (156bpm)

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

Step, Pivot, Kick, Coaster Step, Touch, Kick, Weave In Front, Side, Behind

- 1-3 Step forward on right foot. Pivot ½ 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.

Left & Right, Step, Drag, Touch, Cross, ¼ 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 ¼ 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]

Left Shuffle, Rock, Recover, Hitch, Run Back R, L, ¼ 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. ¼ 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)

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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