

Rockin' Rollin' & Linedancin'

32 Count, 4 Wall, Improver

Choreographer: Denise Smith (Australia) Aug 2014
Choreographed to: The Time Of Their Life by Heartbeat.
Album: Once In A Lifetime

Begins on Lyrics

PIVOT ½ LEFT, STEP, HOLD, PIVOT ½ RIGHT, STEP, HOLD

- 1-4 Step R forward, Pivot ½, L, Step R forward, Hold
5-6 Step L forward, pivot ½ R, Step L forward, Hold

FORWARD, TOUCH, FORWARD, TOUCH, BACK, TOUCH, BACK, TOUCH

- 1-4 Step R forward diagonally, Touch L beside R, Step L forward diagonally, Touch R beside L
5-8 Step R back diagonally, Touch L beside R, Step L back diagonally, Touch R beside L

FORWARD, SIDE, SAILOR, FORWARD, SIDE SAILOR

- 1-2 Kick R forward, Kick R to the right
3&4 Step R behind L, Step L beside R, Step R beside L
5-6 Kick L forward, kick L to the left
7&8 Step L behind R, Step R beside L, Step L beside R

ROCK, RECOVER, SHUFFLE ¼, ACROSS, BACK, SHUFFLE LEFT

- 1-2 Rock R forward, Recover on L
3&4 Step R stepping ¼ right, Step L beside R, Step R to the right
5-6 Step L over R, Step R back
7&8 Step L to the left, Step R beside L, Step L to the left