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## Time Of My Life

Phrased, 1 Wall, Improver

Choreographer: Niels Poulsen (DK) Feb 2007

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

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Sequence: AAA, B, Tag 1, AA, Tag 1, BB, Tag 2, A, Tag 3, ABB

### **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 (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 (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 (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) (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 ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping small step forward on right, bring left next to right (facing 6:00)
- 3&4& Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping small step forward on right, bring left next to right (facing 12:00)
- 5&6& Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ right stepping small step forward on right, bring left next to right (facing 6:00)
- 7&8 Turn ¼ right stepping small step forward on right, bring left next to right, turn ¼ 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 ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left, bring right next to left (facing 6:00)
  - 3&4& Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left, bring right next to left (facing 12:00)
  - 5&6& Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left, bring right next to left (facing 6:00)
  - 7&8 Turn ¼ left stepping small step forward on left, bring right next to left, turn ¼ left stepping small step forward on left (facing 12:00)
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**ROCK FORWARD RIGHT, ½ SHUFFLE TURN RIGHT, STEP ¼ RIGHT, CROSS SHUFFLE**

- 1-2 Rock forward on right, recover weight to left  
3&4 Turn ¼ right stepping right to right side, bring left next to right, turn ¼ right stepping forward on right  
5-6 Step forward on left, turn ¼ right stepping right to right side (facing 9:00)  
7&8 Cross left over right, step right to right side, cross left over right

**¼ TURN LEFT, ½ TURN LEFT, SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, LEFT COASTER STEP**

- 1-2 Turn ¼ left stepping back on right, turn ½ 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 ¼ 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 ¼ TURN LEFT TWICE**

- &5-6 Bring left next to right, step forward on right, turn ¼ left recovering weight to left  
7-8 Step forward on right, turn ¼ 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 ½ turn LEFT & a step ¼ LEFT so you face 12:00 again. End with weight on LEFT. The 4 extra steps reads like this:  
STEP ½ TURN LEFT, STEP ¼ TURN LEFT**

- 1-2 Step forward on right, ½ turn left (weight on left)  
3-4 Step forward on right, ¼ 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:**

**¼ PADDLE TURN LEFT X 4**

- 1-2 Step forward on right, turn ¼ left recovering weight on left  
3-4 Step forward on right, turn ¼ left recovering weight on left  
5-6 Step forward on right, turn ¼ left recovering weight on left  
7-8 Step forward on right, turn ¼ left recovering weight on left (facing 12:00)

This dance is dedicated to my very good friend from Denmark: Sussie Maersk