

Time Of My Life

Choreographer: Niels B. Poulsen (Denmark), www.love-to-dance.dk, niels@love-to-dance.dk
Date: February 13th 2007
Type of dance: Phrased dance (novelty). A: 32 counts, B: 32 counts. A couple of dead easy tags have been added to make the dance phrase perfectly
Level: Easy intermediate
Music: 'Time of my life' by Bill Medley & Jennifer Warnes. Album: Dirty Dancing (Soundtrack from 1987). Buy via: www.cdon.com
Intro: 16 counts after the heavy beat has started (38 secs into dance).
Phrasing: A, A, A, B, Tag 1, A, A, Tag 1, B, B, Tag 2, A, Tag 3, A, B, B
Note: This dance is dedicated to my very good friend from Denmark: Sussie Maersk.

A section (the verse) – Always done facing 12 o'clock:

1 - 8 Mambo ¼ turn R, Mambo step fw, Mambo ¼ turn R, Mambo step fw

1 & 2 Rock fw on R, recover on L, turn ¼ R stepping R to R side (facing: 03:00)
3 & 4 rock fw on L, recover on R, bring L next to R
5 & 6 rock fw on R, recover on L, turn ¼ R stepping R to R side (facing: 06:00)
7 & 8 rock fw on L, recover on R, bring L next to R

9 - 16 Toe touches, & cross ¼ turn R, Rock back R (with L knee pop)

1& 2& Touch R next to L, step down on R, point L toe fw, step L next to R
3 & 4 touch R next to L, step down on R, point L toe fw
&5 – 6 step L next to R, cross R over L, turn ¼ R stepping back on L (facing: 09:00)
7 – 8 rock back on R popping L knee fw, recover weight to L

17 - 24 Shuffle fw R, Rock fw L, Tripple ¾ turn L, Cross rock step

1 & 2 Step fw on R, bring L behind R, step fw on R
3 – 4 rock fw on L, recover weight to R
5 & 6 turn ½ L stepping fw on L, turn ¼ L stepping R next to L, step L next to R (make the turn on the spot!) (facing: 12:00)
7 – 8 cross rock R over L, recover weight on L

25 - 32 & syncopated extended weave (SMALL STEPS!), Cross rock step, Chassé L

&1 &2 Small step back on R, cross L over R, step R to R side, cross L behind R
&3 &4 & small step back on R, cross L over R, step R to R side, cross L behind R, small step back on R
5 – 6 cross rock L over R, recover weight on R
7 & 8 step L to L side, bring R next to L, step L to L side

B section (the chorus) - Always done facing 12 o'clock:

1 - 8 Full paddle turn R X 2 (done in small circles) (or do as many full turns you like!!!)

1& 2& Turn ¼ R stepping small step fw on R, bring L next to R, turn ¼ R stepping small step fw on R, bring L next to R (facing: 06:00)
3& 4& turn ¼ R stepping small step fw on R, bring L next to R, turn ¼ R stepping small step fw on R, bring L next to R (facing: 12:00)
5& 6& turn ¼ R stepping small step fw on R, bring L next to R, turn ¼ R stepping small step fw on R, bring L next to R (facing: 06:00)
7 & 8 turn ¼ R stepping small step fw on R, bring L next to R, turn ¼ R stepping small step fw on R (facing: 12:00)

9 - 16 Full paddle turn L X 2 (done in small circles) (Do as many full turns you like!!!)

1& 2& Turn ¼ L stepping small step fw on L, bring R next to L, turn ¼ L stepping small step fw on L, bring R next to L (facing: 06:00)
3& 4& turn ¼ L stepping small step fw on L, bring R next to L, turn ¼ L stepping small step fw on L, bring R next to L (facing: 12:00)

- 5& 6& turn ¼ L stepping small step fw on L, bring R next to L, turn ¼ L stepping small step fw on L, bring R next to L (facing: 06:00)
- 7 & 8 turn ¼ L stepping small step fw on L, bring R next to L, turn ¼ L stepping small step fw on L (facing: 12:00)

17 - 24 Rock fw R, ½ shuffle turn R, Step ¼ R, Cross shuffle

- 1 - 2 Rock fw on R, recover weight to L
- 3 & 4 turn ¼ R stepping R to R side, bring L next to R, turn ¼ R stepping fw on R
- 5 - 6 step fw on L, turn ¼ R stepping R to R side (facing: 09:00)
- 7 & 8 cross L over R, step R to R side, cross L over R

25 - 32 ¼ turn L, ½ turn L, Shuffle fw R, Rock fw L, L coaster step

- 1 - 2 Turn ¼ L stepping back on R, turn ½ turn L stepping fw on L (facing: 12:00)
- 3 & 4 step fw on R, bring L behind R, step fw on R
- 5 - 6 rock fw on L, recover weight to R
- 7 & 8 step back on L, step R next to L, step fw on L

Tag 1:

Do the first 12 counts of section A. Then add 2 step ¼ turns L so you face 12 o'clock again. End with weight on L. The 4 extra steps reads like this:

13 - 16 & L next to R, step ¼ turn L X 2

- &5 - 6 Bring L next to R, step fw on R, turn ¼ L recovering weight to L
- 7 - 8 step fw on R, turn ¼ L recovering weight to L (facing: 12:00)

Tag 2:

Do the first 16 counts of section A (you face 9 o'clock). Then add a step ½ turn L + a step ¼ L so you face 12 o'clock again. End with weight on L. The 4 extra steps reads like this:

17 - 20 Step ½ turn L, step ¼ turn L

- 1 - 2 Step fw on R, ½ turn L (weight on L)
- 3 - 4 step fw on R, ¼ L (weight on L) (facing: 12:00)

Tag 3:

This tag occurs close to the end of the music (3.46 mins 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:

1 - 8 ¼ paddle turn L X 4

- 1 - 2 Step fw on R, turn ¼ L recovering weight on L
- 3 - 4 Step fw on R, turn ¼ L recovering weight on L
- 5 - 6 Step fw on R, turn ¼ L recovering weight on L
- 7 - 8 Step fw on R, turn ¼ L recovering weight on L (facing: 12:00)

Note: All the tags are always done turning over your L shoulder. Easy peasy!!!... ;-))

Enjoy, and ... SING, SING, SING!!!