

# TIME OF MY LIFE

Count: 0

Wall: 1

Level: Beginner / Intermediate

Choreographer: Niels Poulsen

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

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

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

## 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 (facing 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 (facing 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 (facing 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) (facing 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)

### 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  $\frac{1}{4}$  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  $\frac{1}{4}$  TURN LEFT TWICE**

&5-6 Bring left next to right, step forward on right, turn  $\frac{1}{4}$  left recovering weight to left  
7-8 Step forward on right, turn  $\frac{1}{4}$  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  $\frac{1}{2}$  turn LEFT & a step  $\frac{1}{4}$  LEFT so you face 12:00 again. End with weight on LEFT. The 4 extra steps reads like this:**

**STEP  $\frac{1}{2}$  TURN LEFT, STEP  $\frac{1}{4}$  TURN LEFT**

1-2 Step forward on right,  $\frac{1}{2}$  turn left (weight on left)  
3-4 Step forward on right,  $\frac{1}{4}$  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:**

**$\frac{1}{4}$  PADDLE TURN LEFT X 4**

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