The Time Of My Life ……

Choreographed by : Roy Hadisubroto
4-wall line dance : 32 counts
Level : Novice
Motion : Novelty
Music : “(I’ve Had) The Time Of My Life” by Bill Medley & Jennifer Warnes
CD from the film soundtrack of “Dirty Dancing”

Rock step, Cross Step, Cross, Tick, Slide, 2x Tick, ¼ Turn Right
1 – 2 Rock L to left side, Recover on R
3 & 4 Cross L over R, Step R to right side, Cross L over R
5 & 6 Tick R on toes beside L, Step R beside L, Step L wide to left side drag R next to L
7 & 8 Tick R on toes 2x beside L, Turn both feet ¼ to the right and put weight on R (and R heel goes down while L heel goes up)

Walk, Lock Shuffle, Lock step, 2x ¼ Turn Left
1 – 2 Step L forward, Step R forward
3 & 4 Step L forward, Cross R behind, Step L forward
5 – 6 Step R forward, Cross L behind R ended 6th position (weight on both feet)
7 – 8 Turn both feet ¼ to the left (both feet still in cross position)
Turn both feet ¼ to the left ended on 1st position (at the end put weight on R)
(note: do the turning while standing on the ball of the feet)

3x Cross Travelling Forward, Touch, Kick, 3x Cross Travelling Forward, Touch, Kick
1 – 2 Cross L over R, Cross R over L
3 & 4 Cross L over R, Touch R beside L, Kick R diagonally to R side
5 – 6 Cross R over L, Cross L over R
7 & 8 Cross R over L, Touch L beside R, Kick L diagonally to L side

Cross, Back, Step, Cross, Back, Step, Pop Knee, Touch, Hip Rolls
1 & 2 Cross L over R, Step R behind L, Step L to the left side
3 & 4 Cross R over L, Step L behind R, Step R to the right side
5 – 6 Pop L knee (2nd position, weight on R), (Put L heel down) Touch R next to L
7 & 8 (Put R heel down) Roll the hips from the left, through the back to the right (CCW)
(note: Feet on 1st position. At the beginning of the hip rolls, the weight is on left foot, at the end the weight should be on right foot)

Note : The 11th wall should be done WITHOUT the last 4 counts :
Pop Knee, Touch and the Hip Rolls (listen carefully to the music then you know when to leave these 4 counts and start with the dance from the beginning)

START AGAIN FROM THE BEGINNING AND HAVE FUN !!!
(revised 2003 with extra explanation)