

Swingin' Lifetime!

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Count: 32 **Wall:** 4 **Level:** Easy Novice

Choreographer: Sebastiaan Holtland , Netherlands (06-07-2014)

Music: Time Of Your Life by Robin Thicke (Cd: Paula 2014)

Start dancing after the words "This is The Time of Your" (03 Sec).

Sec 1. 1-8: R Side, Together, Side, L Knee Lift , Side, Together, ¼ L, Step, R Heel Flick, Charleston Steps R-L.

- 1&2&** Step Rt to the right, step Lt next to right, step Rt to the right, lift L knee up.
- 3&4&** Step Lt to the left, step Rt next to Lt, turn ¼ left (9) step Lt slightly fwd, flick R heel up.
- 5-6** Touch Rt across Lt fwd, lift R knee slightly up step Rt slightly back.
- 7-8** Touch Lt across Rt back, lift L knee slightly up step Lt slightly forward.

Sec 2. 9-16: ½ Pivot L, ¼ Pivot L, Cross, Back, Big Side Step, Drag, Together.

- 1-2** Step Rt fwd, turn ½ left (3) take weight onto Lt.
- 3-4** Step Rt fwd, turn ¼ left (12) take weight onto Lt.
- 5-6** Cross Rt over Lt, step Lt big back.
- 7-8** Step Rt big to the right and drag on Lt, step Lt slightly together Rt.

Sec 3. 17-24: Heel Swivel R, Heel Swivel L, Replace, Heel Swivel L, Replace, Toe Tap R Twice Fwd, R Kick Diag, Cross Samba L ¼ R, Step, Lock, Step.

- 1&2&** Swivel R heel to right, swivel R heel replace weight onto Rt, swivel L heel to left, swivel L heel replace weight onto Lt.
- 3&4** Tap R toe slightly fwd, tap R toe replace, kick Rt diagonal fwd.

5a6 **Cross Rt over Lt, turn ¼ right (3) step Lt to the left, step Rf to the right weight onto Rt.**

7a8 **Step Lt fwd, lock Rt behind Lt, step Lt fwd. ##**

2nd Restart here WALL 5 after 24 count, after start again (Facing 9 o`clock).

Sec 4. 25-32: Sycopated Heel Grind ¼ R, Back, Syncopated Heel Grind ¼ L, Back, Hip Bumps R-L, Roll Back On To Heels, Replace, Back, ½ L, Step, R Heel Fwd Diag.

- 1&2** Heel grind with Rt (toes from L to R) turn ¼ right (6) step Lt back, step Rt back.

- 3&4** Heel grind with Lt (toes from R to L) turn $\frac{1}{4}$ left (3) step Rt back, step Lt back. #
- 5&6&** Step Rt to the Rt bump R hip to right, bump L hip to left, pushing bottom back roll back on to the heels, step both back in place take weight onto Lt.
- 7&8** Step Rt back, turn $\frac{1}{2}$ left (9) step Lt slightly forward, touch R heel fwd holding weight onto Lt.

1st Restart : WALL 1 after 28 count, after start again (Facing 3 o`clock).

Start Again and have fun!

Contact: smoothdancer79@hotmail.com