

Let's turn it up!

Choreographer: Niels Poulsen (Denmark)

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Type of dance: Int/adv 4 wall AB dance. A section (funky): 64 counts, 2 walls. B section (west coast swing): 32 counts, 4 walls.
 Music: **Time of Our Lives** by Pitbull & Ne-Yo. Track length: 3:49. Buy on iTunes, etc.
 Intro: 64 count intro (30 secs. into track). Start with weight on L foot
 1 restart: Do the first 16 counts of wall 9 (starts at 6:00). Then restart facing 6:00
 Sequence: Intro, 64, 32, 32, 64, 32, 32, 32, 32, 16, 32, 32.
 OPTION!!!: To match the music change a few of the steps in 3 different places. See bottom of page ☺

A – 64 counts, 2 walls (You only do it twice, each time facing 12:00 and each time ending facing 6:00)

Counts	Footwork	End facing
1 – 9	Walk R L, kick out out, ball step, ½ Monterey R, side mambo ¼ R	
1 – 2	Walk R (1), walk L (2)	12:00
3&4	Kick R low fwd (3), step small step out R (&), step small step out L (4)	12:00
8&5 – 7	Step R towards L (&), cross L slightly over R (5), point R to R side (6), turn ½ R on L stepping R next to L (7)	6:00
8&1	Rock L to L side (8), turn ¼ R as you recover onto R (&), step fwd on L (1)	9:00
10 – 17	R rock fwd, run RL back, big R step back, drag, ball back rock, L samba step	
2 – 3	Rock fwd on R (2), recover back on L (3)	9:00
4&5	Run back on R (4), run back on L (&), step a big step back on R (5)	9:00
6&7	Drag L next to R (6), rock quickly back on L (&), recover fwd on R (7)	9:00
8&1	Cross L slightly over R (8), rock R to R side (&), recover onto L (1)	9:00
18 – 25	Weave 1/8 R, 1/8 R into L coaster step, fwd R with swivels, R coaster cross	
2&3	Cross R over L (2), step L to L side (&), turn 1/8 R when crossing R behind L (3)	10:30
4&5	Turn 1/8 R stepping back on L (4), step R next to L (&), step fwd on L (5)	12:00
6&7	Place R foot fwd (6), swivel both heels R (&), swivel both heels back to neutral (7)	12:00
8&1	Step back on R (8), step L next to R (&), cross R over L (1)	12:00
26 – 32	Hitch L, big side L, slide, side R, hip R L & shoulder pops, ball step & shoulder pops	
2 – 4	Hitch L leg (2), step L a big step to L side (3), slide R towards L (4)	12:00
5 – 6	Step R to R side and bump hip R and drop R shoulder and lift L shoulder up (5), bump L hip L and drop L shoulder and lift R shoulder up (6)	12:00
7&8	Bump hips R and drop R shoulder down and lift L shoulder up (7), step L next to R and repeat shoulder drop/lift (&), step R to R side and repeat shoulder drop/lift (8)	12:00
<i>Nerdy option!</i>	<i>To hit ALL the pronounced syllables in the 'drop, drop, drop, drop it like it's hot' squeeze in 2 more shoulder pops (don't change your steps tho!). In this case you pop your shoulders on counts 5-6&7e&8...: 'drop (5), drop (6), drop (&), drop (7), it (e) like it's (&) hot (8)' ... ☺</i>	
33 – 40	L sailor step, behind side cross, point L with hip, together, point R with hip, together	
1&2	Cross L behind R (1), step R to R side (&), step L to L side (2)	12:00
3&4	Cross R behind L (3), step L to L side (&), cross R over L (4)	12:00
5 – 6	Point L to L diagonally pushing hips fwd (5), step L next to R (6)	12:00
7 – 8	Point R to R diagonally fwd pushing hips fwd (7), step R next to L (8)	12:00
41 – 48	Rock L fwd, ¼ L into chasse, R vaudeville, ball cross, side R	
1 – 2	Rock L fwd (1), recover back on R (2)	12:00
3&4	Turn ¼ L stepping L to L side (3), step R next to L (&), step L to L side (4)	9:00
5&6	Cross R over L (5), step L a small step to L side (&), touch R heel diagonally fwd R (6)	9:00
&7 – 8	Step R next to L (&), cross L over R (7), step R to R side (8)	9:00
49 – 56	L behind with sweep, R behind, chassé ¼ L, R rock fwd, R back lock step	
1 – 2	Cross L behind R bending in L knee and sweeping R to R side (1), cross R behind L (2)	9:00
3&4	Step L to L side (3), step R next to L (&), turn ¼ L stepping fwd on L (4)	6:00
5 – 6	Rock fwd on R (5), recover back on L (6)	6:00
7&8	Step back to R (7), lock L in front of R (&), step back on R (8)	6:00

57 – 64	¼ L into L side rock, together, R side rock, R sailor ¼ R, fwd L, L heel swivel	
1 – 2&	Turn sharp ¼ L rocking L to L side (1), recover on R (2), step L next to R (&)	3:00
3 – 4	Rock R to R side (3), recover on L (4)	3:00
5&6	Cross R behind L (5), turn ¼ R stepping L next to R (&), step R slightly fwd (6)	6:00
7&8	Place L foot fwd (7), swivel L heel to L side (&), return L heel to neutral stepping onto L and flicking R foot back (8)	6:00

B – 32 counts, 4 walls (please note that the first time you do B you will be facing 6:00 ☺)

Counts	Footwork	End facing
1 – 8	Step ½ L, R shuffle fwd, cross, side rock cross, point L	
1 – 2	Step fwd on R (1), turn ½ L stepping onto L (2)	12:00
3&4	Step fwd on R (3), step L behind R (&), step fwd on R (4)	12:00
5	Cross L slightly in front of R (5)	12:00
6&7, 8	Rock R to R side (6), recover on L (&), cross R over L (7), point L to L side (8)	12:00
9 – 16	Hip roll from R to L, ball cross, jazz ½ R, L shuffle fwd	
1 – 3	Roll your hips anti-clockwise (1 – 3) – <i>hit the lyrics 'I work my ass off'...</i> ☺	12:00
&4	Step L next to R (&), cross R over L (4)	12:00
5 – 6	Turn ¼ R stepping back on L (5), turn ¼ R stepping fwd on R (6)	6:00
7&8	Step fwd on L (7), step R behind L (&), step fwd on L turning upper-body slightly R to prepare for full turn in next section (8) - * Restart here on wall 7 which starts facing 6:00. Restart will also happen facing 6:00	6:00
17 – 24	L full turn, ½ lock step, L back rock, ¼ R into L chasse	
1 – 2	Turn ½ L stepping back on R (1), turn ½ L stepping fwd on L (2)	6:00
3&4	Turn ¼ L stepping R to R side (3), turn ¼ L locking L over R (&), step back on R (4)	12:00
5 – 6	Rock back on L (5), recover fwd onto R (6)	12:00
7&8	Turn ¼ R stepping L to L side (7), step R next to L (&), step L to L side (8)	3:00
25 – 32	Touch behind, full unwind R, L side rock cross, R side rock, R back rock	
1 – 2	Touch R behind L (1), unwind a full turn R changing weight to R (2)	3:00
3&4	Rock L to L side (3), recover on R (&), cross L over R (4)	3:00
5 – 6	Rock R to R side (5), recover on L (6)	3:00
7 – 8	Rock back on R (7), recover fwd to L (8)	3:00
Start again! ... ☺		

	CHANGE OF STEPS!!! To match the various changes of lyrics and beats throughout the track you (can choose to) change some of the steps in 3 different places in the dance. ☺	
	The 1st time is during your second A, in section 2, counts 5-6&7. Do the following to hit the lyrics 'shake your ass'...	
	Point back, hip bumps & pop	
5	Point R backwards (5)	9:00
6&7	Bump hips back (6), bump hips fwd and up (&), bump hips back popping L knee fwd (7) <i>continue from count 8 (L samba step)</i> ☺	9:00
	The 2nd time is also during your second A, in section 4, counts &5-8. Do the following to hit the beats in the music:	
	Ball cross, hitch, step slide	
&5 – 6	Step small step back on R (&), cross L over R (5), hitch R knee (6)	12:00
7 – 8	Step R a big step to R side (7), slide L towards R (8) ... <i>continue with the L sailor step ...</i> ☺	12:00
	The 3rd time is the last 2 counts of the B section. It always happens during the verse where Ne-Yo sings 'I work my ass off' and it <i>always</i> happens facing 3:00. Hit the lyrics this way:	
	Back R with L knee pop, hold, weight change to L	
&7 – 8	Step back on R like doing a R back rock but pop your L knee fwd to hit 'HEY' in the lyrics (&), HOLD (7), step down on L (8) – (<i>This change happens 3 times doing the B</i>)	3:00