

## Times Of Your Life

**CHOREO:** Richard E. Lamberty  
**ADDRESS:** 4702 Fairview Avenue Orlando, FL 32804  
**PHONE:** 407-849-0669  
**E-MAIL:** richardlamberty@gmail.com  
**MUSIC:** Times Of Your Life by Joanna Wang  
**RHYTHM:** Rumba  
**PHASE (+):** VI  
**FOOTWORK:** Opposite unless indicated [*W: Woman's foot in italics*]  
**SEQUENCE:** Introduction A A Bridge B C C B (1 – 8) Ending

**RELEASED:** October 4, 2022  
**EDIT DATE:** Sept 10, 2022

**WEBSITE:** WWW.REXL.ORG

### Introduction

#### 1 – 4 Wait 2; ; Cucaracha w/ Quick Side / Close; Twice;

- 1 – 2 Wait for two measures in LOP-FCG with lead hands joined and lead feet free; ;  
3 – 4 [**Cucaracha w/ Quick Side / Close (QQQQ& x 2)**] Rock side L, recover R, close L, side R / close L;  
Rock side R, recover L, close R, side L / close R;

### Part A

#### 1 – 8 Basic to Curl; To Fan; Hockey Stick; (Man in 4); Front Circle Vine and Swivel; Twice; Opposition Fencing Line; Opposition Spot Turn (Man in 4);

- 1 [**Basic To Curl (QQS)**] Rock forward L, recover R, close L raising joined lead hands and allow Woman to curl LF, -;  
*[W: Rock back R, recover L, forward R slightly across L and toward the Man's right side, spiral LF 5/8 to face DLW];*
- 2 [**To Fan (QQS)**] Rock back R, recover L, side R small step in Fan Position, -;  
*[W: Forward L down LOD, forward R then spiral LF 1/2 to face RLOD, back L in Fan Position, -;]*
- 3 – 4 [**Hockey Stick (Man in 4) (QQS; QQQQ)**] Rock forward L, recover R, close L raising joined lead hands, -; Turning 1/8 RF to face DRW rock back R toward DLC leaving left foot extended forward, recover L, side R, side L small step joining hands to BFLY WALL;  
*[W: (QQS x 2) Close R, forward L, forward R, -; Forward L, forward R in front of left as if on a tight rope then spiral 1/2 LF to face DLC, side L ending in BFLY, -;]*
- 5 – 6 [**Front Circle Vine and Swivel Twice (Q&Q&QQ x 2)**] (Both starting with R foot) Thru R / side L, R Xib / side L, thru R, swivel RF 1/4 having made about 3/4 RF rotation as a couple; Thru L / side R, L Xib / side R, thru L, swivel LF 1/4 to end in BFLY WALL;
- 7 [**Opposition Fencing Line [QQS]**] (Both with R foot Releasing hands cross lunge thru R, recover L, side R, -;
- 8 [**Opposition Spot Turn (Man in 4) (QQQQ)**] Forward and across L toward RLOD and turn RF 1/2 to face LOD, recover R continue RF turn, side L toward LOD, close R to end in LOP-FCG WALL;  
*[W: (QQS) Forward and across L toward LOD and turn RF 1/2 to face RLOD, recover R continue RF turn, side L toward RLOD to end in LOP-FCG, -;]*

Repeat Part A

### Bridge

#### 1 – 2 Cucaracha w/ quick Side / Close; Twice;

- 1 – 2 Repeat Measures 3 and 4 from the Introduction joining right hands.

### Part B

**1 - 9 Open Hip Twist Overturned; Hockey Stick Ending Overturned To Shadow Wall; Finish Three Threes; (W: Overturn); Left Alemana; Aida; Switch Cross in 4, Recover; Slow Rock Side, -, Recover, -; Solo Riff Turn and Side Close;**

- 1 [Open Hip Twist Overturned (QQS)] In R Handshake facing WALL rock forward L, recover R, side L turning RF 1/8 allowing Woman to step toward Man's right side and swivel, -;  
*[W: Rock back R and allow body to overturn slightly to right, recover L, forward R toward Man's right side then collect left foot to right foot and swivel RF 1/2 to face WALL, -;]*
- 2 [Hockey Stick Ending Overturned to Shadow WALL (QQS)] Rock back R, recover L releasing right hands, forward R to end in Shadow WALL, - ;  
*[W: Forward L, forward R then spiral LF 7/8 releasing right hands, forward L toward WALL leaving R extended back, -;]*
- 3 - 4 [Finish Three Threes (W: Overturn) (QQS x 2)] Placing right hand on Woman's right shoulder rock forward and slightly side L, recover R, close L allowing right hand to extend forward still on Woman's right shoulder, -; Releasing right hand from Woman's right shoulder rock back R, recover L, close R and turn body slightly RF toward Woman joining lead hands, -;  
*[W: Rock diagonally back R, recover L, forward R toward WALL leaving the left foot extended back, - /collect left foot to right foot and swivel RF 1/2 to face COH; Forward L spiral RF 1/2 to face WALL, forward R leaving left foot extended back, collect left foot to right foot and swivel RF 1/2 to face COH then side and slightly forward L toward Man's right side leaving right foot extended and spiral RF 1/8 joining lead hands, -; ]*
- 5 [Left Alemana (QQS)] Joining lead hands rock side L, raising joined hands with Man's forearm parallel to the floor and Woman's forearm perpendicular to the floor recover R allowing Woman to turn LF under joined hands, close L turning slightly LF to look toward LOD and lowering joined hands, -;  
*[W: Joining lead hands forward R toward LOD then spiral LF 1/2 to face RLOD, forward L then collect free right foot to left foot and spin LF 1/2 turning under joined lead hands, forward R toward LOD and shape body toward DLC and Man, -;]*
- 6 [Aida (QQS)] Thru R, turning RF side L toward LOD, continue RF turn back R toward LOD leaving L extended forward, -;
- 7 [Switch Cross in 4 (QQQQ)] Turning to face Partner and WALL in LOP FCG rock side L checking, recover R, rock thru L, recover R;
- 8 [Slow Rock Side, Recover (SS)] Turning to face Partner and WALL rock side L, -, recover R, -;
- 9 [Solo Riff Turn and Side Close (QQQQ)] Releasing joined hands forward L toward LOD, spinning 3/4 LF close R to end facing WALL, side L, close R to end facing WALL;  
*[W: Releasing joined hands forward R toward LOD, spinning 3/4 RF close L to end facing COH, forward R toward LOD, side R, close L to end facing Partner and COH;]*

## **Part C**

**1 - 10 Half Basic; Cucaracha w/ Trail Hands Sunburst; Sliding Doors; ; Continuous Cucaracha Cross Sliding Doors; ; Rock Apart, Recover to Face, Close; Alemana Turn; Advanced Hip Twist (Overturned); To WALL (No Hands) Overturned Hockey Sticking with Extra Spin;**

- 1 [Half Basic (QQS)] Joining lead hands rock forward L, recover R, close L, -;
- 2 [Cucaracha w/ Trail Hands Sunburst (QQS)] Placing trail hands palm to palm rock side R raising trail hands upwards palms touching, recover L continuing movement of trail hands outwards toward RLOD, close R completing arm movement to end in OP-FCG with a double hand hold, -;
- 3 - 4 [Sliding Doors (QQS x 2)] Turning to face LOD and releasing lead hands rock side (apart) L, recover R, across L allowing Woman to pass in front of Man and releasing trail hands, -; Joining lead hands LOP LOD rock apart R, recover L, across R allowing Woman to pass in front of Man and releasing lead hands to OP facing LOD no hands joined, -;
- 5 - 6 [Continuous Cucaracha Cross Break Sliding Doors (Q&Q&Q&Q x 2)] Rock apart L small step / recover R, L Xif / recover R, rock apart L / recover R, across L allowing Woman to pass in front ending in LOP facing LOD no hands joined; Rock apart R / recover L, R Xif / recover L, rock apart R / recover L, across R allowing Woman to pass in front ending in OP facing LOD and joining trail hands;

- 7 **[Rock Apart, Recover to Face, Close (QQS)]** In OP facing LOD trail hands joined rock apart L, recover R turning to face Partner and WALL, close R joining lead hands preparing for the Alemana, -;
- 8 **[Alemana Turn (QQS)]** Rock back R small step allowing Woman to turn under joined lead hands, recover L, close R blending to CP WALL, -;  
*[W: Swivel RF 1/8 then step forward L toward DLC under joined lead hands leaving right foot extended back, spiral RF 1/2 then recover forward R toward DRW, collect left foot to right foot then swivel RF 3/8 to face COH then step side L small step blending to CP, -;]*
- 9 **[Advanced Hip Twist (Overturned) (QQS)]** Leading Woman to swivel RF rock forward L, leading Woman to swivel LF recover R, back L leading Woman to step forward on Man's right side then to swivel RF, -;  
*[W: Swivel RF 1/2 on L then rock back R, recover L then swivel LF 1/2, forward R toward Man's right side then swivel RF 3/8, -;]*
- 10 **[To WALL (No Hands) Hockey Stick Ending w/ Extra Spin (QQQQ&)]** Releasing hold rock back R, recover L, forward R toward WALL, forward L / forward R extending lead hand;  
*[W: Forward L, forward R then spiral LF 7/8, forward L toward WALL, forward R then spiral LF 1/2 / back L extending lead hand;]*  
*[W Optional Extra Spin: Forward L, forward R then spiral LF 7/8, forward L and LF pivot 1/2, back R continue LF pivot 1/2 / forward L and LF pivot 1/2 to end facing Partner and COH extending lead hand;]*

**Repeat Part C**

**Repeat Part B (1 – 8)**

## Ending

### 1 **Caress.**

- 1 **[Caress (S)]** With lead hands caress Man's arm outside Womans.

**Links:**

**iTunes:** <https://music.apple.com/us/album/times-of-your-life/311238877?i=311238992>

**Youtube:** <https://www.youtube.com/watch?v=76olBh3UHKA>

**TIMES OF YOUR LIFE –LAMBERTY – RB V+2 – WANG – 03:13**

**INTRO (4 meas)**

OP FCG No Hands Lead feet free Wait 2 ; Cucaracha w/ Side Close Twice ;;

**PART A (8 meas)**

Basic To Curl ; To Fan ; Hockey Stick to BFLY Man In 4;;  
Front Circle Vine and Swivel ; Twice ; Cross Check Recover Side ; Spot Turn M in 4 ;

**PART A (8 meas)**

Basic To Curl ; To Fan ; Hockey Stick to BFLY Lead In 4 Transition ;;  
Front Circle Vine and Swivel ; Twice ; Cross Check Recover Side ; Spot Turn M in 4 ;

**INTERLUDE (2 meas)**

Cucaracha w/ Side Close Twice R Handshake ;;

**PART B (9 meas)**

Hip Twist Over turn to WALL ; Hockey Stick Ending W Overturn Shadow WALL ;  
Three Threes Ending ;; Left Alemana ; Aida ; Switch Cross in 4 ; Slow Hip Rock ;  
Solo Riff Turn w/ Side Close ;

**PART C (10 meas)**

Forward Basic ; Cucaracha w/ Trail Arms Sun Burst ; Sliding Doors ;;  
Continuous Curaracha Cross Slide Doors ;; Rock Apart Recover Face ;  
Alemana Turn to CP ; Advanced Hip Twist Overturn to WALL ;  
Hockey Stick Ending Over turn w/ Extra LF Roll Man Run ;

**PART C (10 meas)**

Forward Basic ; Cucaracha w/ Trail Arms Sun Burst ; Sliding Doors ;;  
Continuous Curaracha Cross Slide Doors ;; Rock Apart Recover Face ;  
Alemana Turn to CP ; Advanced Hip Twist Overturn to WALL ;  
Hockey Stick Ending Over turn w/ Extra LF Roll Run R handshake;

**PART B (8 meas)**

Hip Twist Over turn to WALL ; Hockey Stick Ending W Overturn Shadow WALL ;  
Three Threes Ending ;; Left Alemana ; Aida ; Switch Cross in 4 ; Slow Hip Rock ;

**ENDING (1 meas)**

Caress ;