

No Time To Lose

40 count, 4 wall, intermediate level

Choreographer: Dee Musk (UK) Aug 2006

Choreographed to: Last Day Of My Life by Phil Vassar

18 Count intro. Start just before main vocals you will hear him say (I just left)

CROSS SIDE TOGETHER, CROSS SIDE TOGETHER, CROSS ROCK, AND CROSS, HINGE ½ TURN RIGHT

- 1-2& Cross left over right, step right to right side, close left beside right
- 3-4& Cross right over left, step left to left side, close right beside left
- 5-6 Cross rock left over right, recover weight to right
- &7 Step left to left side, cross right over left
- 8& Making a ¼ turn right step back on left, making a ¼ turn right step right to right side (6:00)

CROSS ROCK, AND CROSS SIDE BEHIND, BEHIND SIDE CROSS, FULL UNWIND, BEHIND SIDE CROSS

- 1-2 Rock left over right, recover weight to right
- &3&4 Step left to left side, cross right over left, step left to left side, step right behind left
- 5&6 Sweep left to the left stepping left behind right, step right to right side, cross left over right
- 7 Unwind a full turn right sweeping right to the right and behind left
- 8&1 Cross right behind left, step left to left side, cross right over left (6:00)

¾ TRIPLE TURN LEFT, ¾ TRIPLE TURN RIGHT, SIDE ROCK, BEHIND SIDE CROSS

- 2&3 Make a ¾ triple turn left stepping left, right left
- 4&5 Make a ¾ triple turn right stepping right, left right
- 6& Rock left out to left side, recover weight to right
- 7&8 Cross step left behind right, step right to right side, cross left over right (6:00)

SIDE BACK ROCK, ¼ TURN LEFT, STEP ¾ TURN LEFT, SWAY RIGHT, SWAY LEFT, TOGETHER CROSS, BACK SIDE CROSS

- 1-2& Step right to right side, cross rock left behind right, recover weight to right
- 3 Making a ¼ turn left step forward on left
- 4&5 Step forward on right, make a ¾ turn left, step out on right swaying right
- 6&7 Sway left to left side, step right beside left, cross left over right
- 8&1 Step back on right, step left to left side, cross right over left (6:00)

BACK SIDE, ROCK FORWARD ROCK BACK ROCK FORWARD, ½ TURN LEFT POINT RIGHT, STEP ¾ TURN RIGHT WITH SWEEP

- 2&3 Step back on left, step right to right side, rock forward on left
- 4-5 Rock back on right, rock forward on left
- 6 Making a ½ turn left on the ball of left foot point right toe out to right side
- 7-8 Step forward on right, make a ¾ turn right sweeping left in a to the right motion to in front of right (9:00)