

'No Time To Lose'

Choreographed by: *Dee Musk* (July 2006) deemusk@btinternet.com

Dance: 40 Count 4 Wall Intermediate

Music: "Last Day Of My Life" by Phil Vassar - Greatest Hits 1 Album

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 R.

- 1,2& Cross L over R, step R to R side, close L beside R.
- 3,4& Cross R over L, step L to L side, close R beside L.
- 5,6 Cross rock L over R, recover weight to R.
- &7 Step L to L side, cross R over L.
- 8& Making a ¼ turn R step back on L, making a ¼ turn R step R to R side. **(6 o'clock).**

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

- 1,2 Rock L over R, recover weight to R.
- &3&4 Step L to L side, cross R over L, step L to L side, step R behind L.
- 5&6 Sweep L anticlockwise stepping L behind R, step R to R side, cross L over R.
- 7 Unwind a full turn R sweeping R clockwise and behind L.
- 8&1 Cross R behind L, step L to L side, cross R over L. **(6 o'clock).**

¾ TRIPLE TURN L, ¾ TRIPLE TURN R, SIDE ROCK, BEHIND SIDE CROSS

- 2&3 Make a ¾ triple turn L stepping L, R L.
- 4&5 Make a ¾ triple turn R stepping R, L R.
- 6& Rock L out to L side, recover weight to R.
- 7&8 Cross step L behind R, step R to R side, cross L over R. **(6 o'clock).**

SIDE BACK ROCK, ¼ TURN L, STEP ¾ TURN L, SWAY R, SWAY L, TOGETHER CROSS, BACK SIDE CROSS.

- 1,2& Step R to R side, cross rock L behind R, recover weight to R.
- 3 Making a ¼ turn L step forward on L.
- 4&5 Step forward on R, make a ¾ turn L, step out on R swaying R.
- 6&7 Sway L to L side, step R beside L, cross L over R.
- 8&1 Step back on R, step L to L side, cross R over L. **(6 o'clock).**

BACK SIDE, ROCK FORWARD ROCK BACK ROCK FORWARD, ½ TURN L POINT R, STEP ¾ TURN R WITH SWEEP.

- 2&3 Step back on L, step R to R side, rock forward on L.
- 4,5 Rock back on R, rock forward on L.
- 6 Making a ½ turn L on the ball of L foot point R toe out to R side.
- 7,8 Step forward on R, make a ¾ turn R sweeping L in a clockwise motion to in front of R. **(9 o'clock).**

Awesome country track by Phil Vassar - Enjoy xx

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