

No Time To Lose

Count: 40

Wall: 4

Level: Intermediate

Choreographer: Dee Musk (UK)

Music: Last Day of My Life - 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)

REPEAT