

# NO TIME TO LOSE

LINEDANCE.COM

**Count:** 40

**Wall:** 4

**Level:** intermediate

**Choreographer:** Dee Musk

**Music:** 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 $\frac{1}{2}$ 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  $\frac{1}{4}$  turn right step back on left, making a  $\frac{1}{4}$  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)

## **$\frac{3}{4}$ TRIPLE TURN LEFT, $\frac{3}{4}$ TRIPLE TURN RIGHT, SIDE ROCK, BEHIND SIDE CROSS**

- 2&3** Make a  $\frac{3}{4}$  triple turn left stepping left, right left
- 4&5** Make a  $\frac{3}{4}$  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, $\frac{1}{4}$ TURN LEFT, STEP $\frac{3}{4}$ 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  $\frac{1}{4}$  turn left step forward on left

**4&5** Step forward on right, make a  $\frac{3}{4}$  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,  $\frac{1}{2}$  TURN LEFT POINT RIGHT, STEP  $\frac{3}{4}$  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  $\frac{1}{2}$  turn left on the ball of left foot point right toe out to right side

**7-8** Step forward on right, make a  $\frac{3}{4}$  turn right sweeping left in a to the right motion to in front of right (9:00)

**REPEAT**