

NO TIME AT ALL 3

Music: Charlie Landsborough
Cd The Collection Track # 9 Time 4:01
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Available from Choreographer

Rhythm : Foxtrot **Phase :** III+1 (Diamond Turn)

Choreo : Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Footwork : Opposite except where (Noted)

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Sequence : **INTRO ABCD B A ENDING**



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TWIRL VINE 3 ; THRU FACE CLOSE ;

{**Wait**} BFLY POS WALL Ld ft free wt 2 meas ; ; {**Twirl Vine 3**} Sd L, -, XRib, sd L (*W full RF trn undr jnd ld hnds fwd R, -, sd & bk L, fwd R*) to SCP LOD ; {**Thru Fc Cl**} Thru R trn RF, -, (*W thru L trn LF*) sd L, cl R to CP WALL ;

PART A

01-04 WHISK to 1/2 OP ; M ROLL ACROSS ; W ROLL ACROSS ; THRU VINE 4 ;

{**Whisk to 1/2 OP**} Fwd L, -, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to 1/2 OP DLC ; {**M Roll Across**} Fwd R begin RF trn, -, sd & fwd L XIF of W cont trn, sd & fwd R to 1/2 LOP LOD w/ free arm out to sd (*W fwd R, -, L, R*) ; {**W Roll Across**} Fwd L, -, R, L (*W fwd R begin RF trn, -, sd & fwd L XIF of M cont trn, fwd & sd R*) to 1/2 OP DLC w/ free arm out to sd ; {**Thru Vine 4**} [QOOQ] Thru R, sd L to fc ptr, XRib (*W XLib*), sd & fwd L to SCP LOD ;

05-08 MANUVER ; BACK TWISTY VINE 4 ; IMPETUS to SCP ; THRU FACE CLOSE ;

{**Manuver**} Fwd R trng RF, -, sd L, cl R to CP RLOD ; {**Bk Twisty Vine 4**} [QOOQ] XLib, sd R to RDC, XLif, sd R to BJO RLOD ; {**Impetus to SCP**} Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; {**Thru Fc Cl**} Repeat meas 4 Intro ;

09-12 HOVER ; MANUVER ; OVER SPIN TURN ; BOX FINISH to WALL ;

{**Hover**} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; {**Manuver**} Repeat meas 5 Part A ; {**Over Spin Trn**} Bk L pvtng 1/2 RF, -, fwd R cont RF trn rising on ball of foot left leg extended bk & sd, rec sd & bk L (*W Fwd R pvtng 1/2 RF, -, bk L cont RF trn brushing right to left forward right*) to RDLW ; {**Box Finish**} Bk R comm.LF turn, sd L cont turn, cl R to L in CP WALL ;

13-16 LEFT TURNING BOX ; ; ; ;

{**Left Trng Box**} Fwd L trng 1/4 LF, -, sd R, cl L to LOD ; Bk R trng 1/4 LF to COH, -, sd L, cl R ; Repeat meas 13,14 Part A to RLOD & CP WALL ; ;

PART B

01-04 VINE 3 ; THRU FACE CLOSE ; WHISK ; WING to SCAR ;

{**Twirl Vine 3**} Sd L, -, XRib (*W XLib*), sd L ; {**Thru Fc Cl**} Repeat meas 4 Intro ; {**Whisk**} Repeat meas 1 Part A ; {**Wing to SCAR**} Fwd R, -, draw L twd R, tch L to R trn upper bdy LF w/ L sd stretch (*W fwd L begin to X-ing in frnt of M trn slightly LF, -, fwd R arnd M cont trn slightly LF, fwd L arnd M cont trn slightly LF*) to SCAR DLC ;

05-08 CROSS HOVER to BJO ; CROSS HOVER to SCAR ; CROSS HOVER to SCP ; PICK UP SIDE CLOSE ;

{**Cross Hover to BJO SCAR & SCP**} XLif, -, sd R rise trn LF, rec L to BJO DLC ; XRif, -, sd L rise trn RF, rec R to SCAR DLW ; XLif, -, sd R hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; {**PU Sd Cl**} Sm fwd R, -, sd L, cl R (*W trng LF fwd L in frnt of M, -, cont trn sd R, cl L*) to CP LOD ;

09-12 DIAMOND TURN ; ; ; ;

{Diamond Trn } Fwd L, -, trng ¼ LF sd R, bk L to fc DRC ; Bk R, -, trng ¼ LF sd L, fwd R to fc DRW ; Repeat meas 9,10 Part B to fc DLW & DLC ;

13-16 TWO LEFT TURNS ; ; HOVER ; THRU FACE CLOSE ;

{2 Left Turns} Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to CP WALL ; **{Hover}** Repeat meas 9 Part A ; **{Thru Fc Cl}** Repeat meas 4 Intro ;

PART C

01-04 LEFT TURNING BOX 1/2. ; ; TWIRL VINE 3 ; THRU VINE 4 ;

{Left Trng Box 1/2} Repeat meas 13,14 Part A ; ; **{Twirl Vine 3}** [To RLOD] Repeat meas 3 Intro ; **{Thru Vine 4}** [To RLOD] Repeat meas 4 Part A ;

05-08 THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU FACE CLOSE ; ONE CANTER ;

{Thru Sd Behind} [To RLOD] Thru R, -, sd L to fc prtn, XRib (*W XLib*) to BFLY COH ; **{Roll 3 to SCP}** [To RLOD] Rollg LF (*W RF*) fwd L to fc LOD, -, cl R sping on toe to fc RLOD, fwd L to SCP RLOD ; **{Thru Fc Cl}** [To RLOD] Repeat meas 4 Intro to BFLY COH ; **{One Canter}** Sd L, draw R, cl R to CP COH ;

09-12 LEFT TURNING BOX 1/2. ; ; TWIRL VINE 3 ; THRU VINE 4 ;

{Left Trng Box ½} Repeat meas 13,14 Part A ; ; **{Twirl Vine 3}** [To LOD] Repeat meas 3 Intro ; **{ Thru Vine 4}** [To LOD] Repeat meas 4 part A to BFLY WALL ;

13-16 THRU SIDE BEHIND ; ROLL 3 to SCP ; THRU FACE CLOSE ; ONE CANTER ;

{Thru Sd Behind} [To LOD] Repeat meas 5 Part C to BFLY WALL ; **{Roll 3 to SCP}** [To LOD] Rollg LF (*W RF*) fwd L to fc RLOD, -, cl R sping on toe to fc LOD, fwd L to SCP LOD ; **{Thru Fc Cl}** [To LOD] Repeat meas 4 Intro ; **{One Canter}** Repeat meas 8 Part C to CP WALL ;

PART D

01-04 WHISK ; PICK UP SIDE CLOSE ; PROGRESSIVE BOX ; ;

{Whisk} Repeat meas 1 Part A ; **{PU Sd Cl}** Repeat meas 8 Part B ; **{Progressive Box}** Fwd L to LOD, -, sd R, cl L ; Fwd R to LOD, -, sd L, cl R to CP LOD ;

05-08 ONE LEFT TURN ; BACK & RUN 2 ; TWO RIGHT TURNS ; ;

{1 Left Trn} Trng LF fwd L, -, sd R, cl L to CP RLOD ; **{Bk & Run 2}** Bk R, -, bk L, bk R ; **{2 Right Turns}** Startg RF trn bk L, -, sd R cont trn, cl L ; Cont RF trn fwd R, -, sd L, cl R to CP WALL ;

09-12 HOVER ; HOVER FALLAWAY ; SLIP PIVOT ; FWD FWD/LOCK FWD ;

{Hover} Repeat meas 9 Part A ; **{Hover Fallaway}** Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; **{Slip Pivot}** Bk L, -, bk R trng LF, fwd L (*W bk R, -, trng ½ LF slip L fwd, sd & bk R*) to BJO DLW ; **{Fwd Fwd/Lk Fwd}** [SQ&Q] Fwd R, -, fwd L/lk Rib, fwd L ;

13-16 MANUEVER ; BACK BACK/LOCK BACK ; IMPETUS to SCP ; THRU FACE CLOSE ;

{Maneuver} Repeat meas 5 Part A ; **{Bk Bk/Lk Bk}** Bk L, -, bk R/lk Llf, bk R ; **{Impetus to SCP}** Repeat meas 7 Part A ; **{Thru Chasse to SCP}** [SQ&Q] Thru R, sd to fc prtn L/cl R, fwd L to SCP LOD ; **{Thru Fc Cl}** Repeat meas 4 Intro to BFLY WALL ;

ENDING

01-04 LEFT TURNING BOX 3 QUARTERS ; ; ; BACK INTO A LEFT LUNGE ;

{Left Trng Box ¾} Repeat meas 13,14,15 Part A ; **{Bk Into a Left Lunge}** Bk R, -, lunge sd & fwd L w/ soft [flexed] knee and slight RF upper body rotation, -;