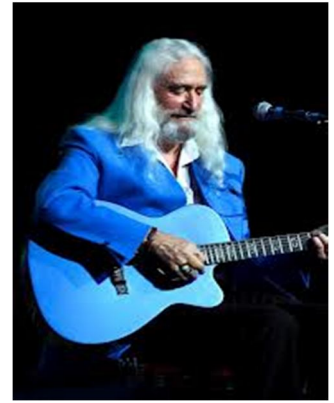


# NO TIME AT ALL 4

**Music:** Charlie Landsborough  
Amazon.co.uk Cd The Collection  
Track # 9 Time 4:01 Increase the Music w/ 7%  
Available from Choreographer

**Rhythm :** Foxtrot **Phase : IV + 2** (Double Reverse Spin+Natural Hover Cross)  
Choreo : Jos Dierickx beverloesestwg 14b2 3583 Paal Belgium  
**Email:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)  
Release Date: June 2014  
**Footwork :** Opposite except where (Noted)  
**Sequence :** **INTRO ABCD B A ENDING**



## INTRO

**01-04 WAIT 2 MEASURES CP DLW LEAD FOOT FREE ; ; FORWARD HOVER ; BOX FINISH ;**  
{Wait} CP DLW lead ft fr wt 2 meas ; ; {Fwd Hover} Fwd L, -, sd & fwd R rise, rec L (W bk R, -, sd & bk L rise, rec R) ; {Box Finish} Bk R, -, sd & fwd L trng LF, cl R to CP DLC ;

## PART A

**01-04 TELEMARK to SCP ; NATURAL HOVER FALLAWAY ; CHECK BACK & RECOVER to a WHIPLASH BJO ; BACK TWISTY VINE 4 ;**  
{Telemark to SCP} Fwd L, -, sd R (W cl L heelturm) strong LF trn hover [M brush], rec sd & fwd L to SCP DLW ; {Nat Hover Fallaway} Fwd R w/RF trn, -, fwd L trng RF w/rise, rec bk R ; {Ck Bk & Rec to a Whiplash} [SS] Check Bk L, -, rec fwd R, pt L sd & fwd (W Check Bk R, -, rec fwd L, swivel LF on L to fc ptr pt R sd & bk) to BJO RLOD ; {Bk Twisty Vine 4} [QQQQ] Bk L in BJO, sd R trng to SCAR, fwd L in SCAR, sd & bk R trng to BJO ;

**05-08 IMPETUS to SCP ; PROMENADE WEAVE ; ; CHANGE of DIRECTION ;**  
{Impetus to SCP} Bk L begin RF trn, -, cl R (heeltrn) cont trn (W fwd R on heel btw M's ft pvtg 1/2 RF, -, sd & fwd L contg trn arnd M brush R to L, fwd R) SCP LOD ; {Prom Weave} Thru R, -, fwd L trn LF (W swvl on R to fc M), sd & bk R DRC ; Bk L to BJO, bk R blend to CP comm LF turn, sd L cont LF trn, fwd R to BJO DLW ; {Change of Dir} [SS] Fwd L trn LF, -, sd R draw L [no wgt ch] to CP DLC, - ;

**09-12 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER to LOD ;**  
{Diamond 1/2} Fwd L trn LF to DLC, -, sd R cont trn, bk L to BJO fcg RDLC ; Bk R cont trn, -, sd L, fwd R to fc BJO DRW ; {Quick Diamond 4} Fwd L trn 1/8 LF, sd R twd RLOD, XLib twd DRC trn 1/8 LF, blend to CP bk R to CP DLW ; {Dip Bk & Rec} [SS] Dip bk L w/ knee relaxed (W dip fwd R w/ knee relaxed), -, rec R to CP LOD, - ;

**13-16 DOUBLE REVERSE SPIN ; HOVER ; OP NATURAL ; HESITATION CHANGE ;**  
{Double Reverse Spin} [M 1,2/W1,2&3] Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (W bk R stg to trn LF, -, cl L [heel trn]/sd & slightly bk R cont LF trn, XLif) to CP DLW ; {Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; {OP Natural} Thru R stg RF trn, -, contg RF trn sd L in frt of W, bk R (W fwd L, -, R, L) to BJO RLOD ; {Hesitation Chng} [SS] Bk L trng RF, -, sd R contg trn, draw L CP DLC ;

## PART B

**01-04 OP REVERSE TURN ; HOVER CORTE ; BACK TWISTY VINE 4 ; BACK HOVER to ½ OP ;**  
{OP Reverse Trn} Fwd L stg LF bdy trn, -, contg LF trn sd R, bk L to BJO RLOD ; {Hover Corte} Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; {Bk Twisty Vine 4} Repeat meas 4 Part A ; {Bk Hover to ½ OP} Bk L, -, bk R risg sltly, rec L (W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R) to ½ OP DLC ;

**05-08 OP IN & OUT RUNS ; ; THRU VINE 4 to SCP ; SLOW SIDE LOCK ;**  
{OP in & Out Runs} Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R (W Fwd L, -, R, L) to ½ LOP LOD w/trail arms out to sd ; Fwd L, -, R, L (W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R) to ½ OP DLC w/ld arms out to sd ; {Thru Vine 4 to SCP} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ; {Slow Sd Lk} Thru R, -, fwd & sd L rising trng LF, cl R (W thru L trng LF, -,sd R trng LF, XLif) to CP DLC ;

**09-12 OP REVERSE TURN ; OUTSIDE CHECK ; DOUBLE OUTSIDE SWIVEL ; WEAVE ENDING ;**  
{OP Reverse Trn} Repeat meas 1 Part B ; {Outsd Ck} Bk R, sd & fwd L, fwd R to BJO DRW ; {Double Outsd Swivel} [SS] Bk L Xg Rif w/ no wgt, -, fwd R (W fwd R & swvl ½ RF to SCP DRC, -, fwd L & swvl LF ½) to BJO DRC, - ; {Weave Ending} [QQQQ] Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ;

**13-16 CHANGE of DIRECTION ; TURN LEFT & R CHASSE BJO ; OUTSIDE CHANGE to SCP ; THRU FACE CLOSE ;**

**Note 2<sup>de</sup> TIME : SLOW SIDE LOCK ;**

**{Change of Dir}** Repeat meas 8 Part A ; **{Trn Left & R Chasse}** Fwd L trn LF, sd R/cl L, sd & slightly bk R (*W bk R trn LF, sd L/cl R, sd & slightly fwd L*) to BJO RDC ; **{Outsd Chg to SCP}** Trng LF bk L, -, bk & sd R cont LF trn, sd & fwd L (*W fwd R, -, L trn LF, bk R*) to SCP LOD ; **{Thru Fc Cl}** Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;

**Note 2<sup>de</sup> TIME : {Slow Sd Lk}** Repeat meas 8 Part B ;

**PART C**

**01-04 QUARTER LEFT TURNING BOX to COH ; BACK 1/2 BOX to COH ; WHISK ; THRU FACE CLOSE ;**

**{Quarter Left Turng Box}** Fwd L & trn 1/4 LF, -, sd R, cl L to CP COH ; **{Bk 1/2 Box}** Bk R, -, sd L, cl R to COH ; **{Whisk}** Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP RDW ; **{Thru Fc Cl}** To RLOD Thru R, -, sd L trng to fc ptr, cl R to CP COH ;

**05-08 TWIRL / VINE 3 ; IN & OUT RUNS ; ; CHAIR & SLIP ;**

**{Twirl / Vine 3}** To RLOD Sd L, -, XRib, sd L (*W full RF trn undr jnd ld hnds fwd R, -, sd & bk L, fwd R*) to SCP RLOD ; **{In & Out Runs}** Thru R trn RF, -, sd & bk L DW, bk R BJO ; Bk L trn RF, -, fwd R between Lady's feet, fwd L to SCP RLOD ; **{Chair & Slip}** Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvl LF on R fwd L*) to CP RDW ;

**09-12 QUARTER LEFT TURNING BOX to WALL ; BACK 1/2 BOX to WALL ; WHISK ; THRU FACE CLOSE ;**

**{Quarter Left Turng Box}** Repeat meas 1 Part C to WALL ; **{Bk 1/2 Box}** Repeat meas 2 Part C to WALL ; **{Whisk}** Repeat meas 3 Part C to WALL ; **{Thru Fc Cl}** Repeat meas 4 Part C to WALL ;

**13-16 TWIRL / VINE 3 ; IN & OUT RUNS ; ; THRU FACE CLOSE ;**

**{Twirl Vine 3}** Repeat meas 5 Part C to LOD & end to WALL ; **{In & Out Runs}** Repeat meas 6 & 7 Part C to SCP LOD ; **{Thru Fc Cl}** Repeat meas 16 Part B to WALL ;

**PART D**

**01-04 HOVER ; SLOW SIDE LOCK ; 2 LEFT TURNS ; ;**

**{Hover}** Fwd L, -, sd & fwd R risg to ball of ft & allowg W to brush R, fwd L to SCP DLC ; **{ Slow Sd Lk }** Repeat meas 8 Part B ; **{2 Left Trns}** Trng LF fwd L, -, sd R, cl L to CP RLOD ; Cont LF trn bk R, -, sd L, cl R to CP WALL ;

**05-08 WHISK ; WHISK in 4 ; HOVER FALLAWAY ; SLIP PIVOT ;**

**{Whisk}** Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{Whisk in 4}** [QQQQ] Thru R in SCP, trng twd ptr cl L to CP WALL, sd R, XLib (*W XRib*) to SCP LOD ; **{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 1/2 LF slip L fwd, sd & bk R*) to BJO DLW ;

**09-12 NATURAL HOVER CROSS ; ; REVERSE WAVE ; ;**

**{Nat Hover Cross}** [SQQ; QQQQ] Fwd R twd WALL begin RF trn, -, cont RF trn sd L, cont RF trn fwd R (*W Bk L begin RF trn, -, cl R to L [heel turn] cont RF trn, cont RF trn sd & slightly back L backing DLW*) to SCAR DLW ; Fwd L small step on toes, rec R, trng LF & blending briefly to CP sd L, XRif to BJO DLC ; **{Reverse Wave}** Fwd L comm LF trn, -, sd R twd LOD trng LF (*W heel trn*), bk L to BJO DRC ; Bk R, -, bk L, bk R in CP fcg RLOD ;

**13-16 IMPETUS to SCP ; THRU SIDE BEHIND ; ROLL 3 to SCP ; CHAIR & SLIP ;**

**{Impetus to SCP}** Repeat meas 5 Part A ; **{Thru Sd Behind}** Thru R, -, sd L to fc ptrn, XRib (*W XLib*) ; **{Roll 3 to SCP}** Rollg LF (*W RF*) down LOD fwd L to fc RLOD, -, cl R sping on toe to fc LOD, fwd L to SCP LOD ; **{Chair & Slip}** Thru R, -, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn (*W thru L, -, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP*) to CP DLC ;

**ENDING**

**13-16 DOUBLE REVERSE SPIN ; HOVER ; OP NATURAL ; HESITATION CHANGE ; DIP BACK & HOLD**

**{Double Reverse Spin}** Repeat meas 13 Part A ; **{Hover}** Repeat meas 14 Part A ; **{OP Natural}** Repeat meas 15 Part A ; **{Hesitation Chng}** Repeat meas 16 Part A ; **{Dip Bk & Hold}** Dip sd & bk L w/ knee relaxed (*W dip fwd R w/ knee relaxed*), -, -, Hold ;