

## TIME ON MY HANDS

AUGUST 2019

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MUSIC: Time on My Hands ARTIST: Brisbane Ballroom Dance Combo  
ALBUM: An Hour of Ballroom Dance Favorites TRACK #23 TIME: 2:27  
Download available at Amazon.com

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)  
RHYTHM: FOXTROT PHASE: IV+1 [Hinge Line]  
SPEED: 44 RPM-adjust for comfort DIFFICULTY: Average  
SEQUENCE: **INTRO A B A C ENDING**

### INTRODUCTION

1-4 **2 MEAS WAIT;; ROLL 3; P/U;**  
[1-2] BFLY WALL, Lead ft free, **Wait 2 Meas;;**  
[3] **ROLL 3** - fwd L trng LF (W RF),-, bk R trng LF, cont trn fwd L;  
[4] **P/U** - fwd R,-,ldg W in frnt sd & fwd L, cl R to DLC;

### PART A

1-4 **REV TRN;; WISK; WING;**  
[1-2] **REV TRN** - fwd L trng LF,-, sd R (W heel trn), bk L to CP; bk R trng LF,-, sd & fwd L, fwd R to BJO DLW;  
[3] **WISK** - fwd L,-, sd & fwd R w/rise, XLIB;  
[4] **WING** - fwd R leading W in frnt to SCAR LOD,-, draw L, tch L(W fwd L crvng LF,-, fwd R crvng LF, fwd L to SCAR);

5-8 **TRN L&R CHASSE; BK BK/LK BK; OP IMP; SLO SD LK;**  
[5] **TRN L&R CHASSE** - trng LF fwd L,-, sd R cont trn, cl L, sd R endg BJO;  
[6] **BK BK/LK BK** - bk L, bk R, lk LIF, bk R;  
[7] **OP IMP** - bk L trng RF,-, cl R w/heel trn (W sd & fwd L arnd M), fwd L in tight SCP;  
[8] **SLO SD LK** - thru R,-,fwd & sd L ldg W in frnt of M, lk RIB (W lk LIF) in CP DLC;

9-12 **DIA TRN;;;;**  
[9-12] **DIA TRN** - fwd L, to BJO -, sd R trng LF, bk L; bk R,-, sd L trng LF, fwd R;  
repeat last 2 meas;;

13-16 **1 L TRN; HVR CORTE; BK WISK; SLO SD LK;**  
[13] **1 L TRN** - fwd L,-, trng LF ½ bk R, cl L;  
[14] **HVR CORTE** - bk R trng LF,-, cont trn sd & fwd L w/rise, bk R to BJO;  
[15] **BK WISK** - bk L,-, bk & sd R, XLIB (W XRIB) to SCP;  
[16] **SLO SD LK** - thru R,-,fwd & sd L ldg W in frnt of M, lk RIB (W lk LIF) in CP DLC;

### PART B

1-4 **REV TRN;; HVR TEL; SLO SD LK;**  
[1-2] **REV TRN**- fwd L trng LF,-, sd R (W heel trn), bk L to CP; bk R trng LF,-, sd & fwd L, fwd R to CBMP DLW;  
[3] **HVR TEL** - fwd L,-, fwd R w/rise, sm fwd L on toe to tight SCP(W bk R,-, bk L trng ½ RF w/rise, fwd R);  
[4] **SLO SD LK** - thru R,-,fwd & sd L ldg W in frnt of M, lk RIB (W lk LIF) in CP DLC;

- 5-8            **DRAG HES; HES CHG; 3 STEP; FTHR;**  
 [5] **DRAG HES** - fwd L trng LF,-, cont trn sd R, drw L to R to BJO;  
 [6] **HES CHG** - bk L trng R fc,-, sd R, drw L to R to DLC;  
 [7] **3 STEP** - fwd L,-, fwd R, fwd L;  
 [8] **FTHR** - fwd R,-, fwd L, fwd R to CBMP;
- 9-12           **DIA TRN;;;;**  
 [9-12] **DIA TRN** - fwd L,-, sd R trng LF, bk L; bk R,-, sd L trng LF, fwd R;  
 repeat last 2 meas;;
- 13-16         **CL TEL; MANUV; SPIN TRN; FTHR FIN;**  
 [13] **CL TEL** - comm LF trn fwd L (W bk R w/heel trn),-, fwd & sd R arnd W, fwd L to tight BJO;  
 [14] **MANUV** - fwd R,-, trng RF in frnt of W sd L, cl R to CP;  
 [15] **SPIN TRN** - bk L pvtg RF ½,-, fwd R w/rise, sd & bk L;  
 [16] **FTHR FIN** - bk R trng LF,-, sd & fwd L, fwd R outsd W to CBMP;

**REPEAT PART A MEAS 1 THRU 15**

- 16            **P/U to SCAR;**  
 [16] **P/U to SCAR** - fwd R,-,ldg W in frnt sd & fwd L, cl R to SCAR;

**PART C**

- 1-4            **X HVR 3X to SCP;;; SLO SD LK;**  
 [1-3] **X HVR 3X to SCP** - fwd L,-, sd & fwd R w/rise trng ¼ LF, fwd & sd L to BJO;  
 fwd R,-, sd & fwd L w/rise trng ¼ RF, fwd & sd R to SCAR; fwd L,-, sd & fwd R  
 w/rise, fwd & sd L trng to SCP;  
 [4] **SLO SD LK** - thru R,-,fwd & sd L ldg W in frnt of M, lk RIB (W lk LIF) in CP DLC;
- 5-8            **DIA TRN ½;; QK DIA 4; DIP & REC;**  
 [5-6] **DIA TRN ½** - fwd L, to BJO-, sd R trng LF, bk L; bk R,-, sd L trng LF, fwd R;  
 [7] **QK DIA 4** - fwd L comm LF trn, cont LF trn sd R, bk L, bk R to CP;  
 [8] **DIP & REC** - bk L w/bent knee leaving R leg extended,-, rec R, tch L to R;
- 9-12           **OP TEL; MANUV; SPIN TRN; FTHR FIN;**  
 [9] **OP TEL** - fwd L trng LF (W bk R w/heel trn),-, sd & fwd R arnd W cont trn, fwd  
 L to tight SCP;  
 [10] **MANUV** - fwd R,-, trng RF in frnt of W sd L, cl R to CP;  
 [11] **SPIN TRN** - bk L pvtg RF ½,-, fwd R w/rise, sd & bk L;  
 [12] **FTHR FIN** - bk R trng LF,-, sd & fwd L, fwd R outsd W to CBMP DLC;
- 13-16         **REV TRN;; HVR; THRU SEMI CHASSE;**  
 [13-14] **REV TRN**- fwd L trng LF,-, sd R (W heel trn), bk L to CP; bk R trng LF,-, sd &  
 fwd L, fwd R to CBMP DLW;  
 [15] **HVR** - fwd L,-, sd & fwd R w/rise, sd & fwd L to SCP;  
 [16] **THRU SEMI CHASSE** thru R,-, sd L/cl R, sd & fwd L to SCP;

**ENDING**

1-3

**THRU PROM SWAY; CHG to HINGE LINE & EXTEND L ARMS;;**

[1] **THRU PROM SWAY** - thru R to fc, sd L to tight SCP stretch R sd w/fwd & upward poise to LOD,-, relax L knee;

[2-3] **CHG to HINGE LINE & EXTEND L ARMS** - rise on L drwg R to L trng to fc ptr (W swvl LF XLIB),-, lower on L extendg R leg (W plcg R hnd on M's L shldr) extendg L arms out & bk;;

**QUICK CUES** BFLY WALL, LEAD FT FREE

**INTRO:** WAIT 2 MEA;; ROLL 3; P/U;

**PART A:** REV TRN;; WISK; WING;  
TRN L&R CHASSE; BK BK/LK BK; OP IMP; SLO SD LK;  
DIA TRN;;;;  
1 L TRN; HVR CORTE; BK WISK; SLO SD LK;

**PART B:** REV TRN;; HVR TEL; SLO SD LK;  
DRAG HES; HES CHG; 3 STEP; FTNR;  
DIA TRN;;;;  
CL TEL; MANUV; SPIN TRN; FTNR FIN;

**PART A:** REV TRN;; WISK; WING;  
TRN L&R CHASSE; BK BK/LK BK; OP IMP; SLO SD LK;  
DIA TRN;;;;  
1 L TRN; HVR CORTE; BK WISK; P/U to SCAR;

**PART C:** X HVR 3X to SCP;;; SLO SD LK;  
DIA TRN ½;; QK DIA 4; DIP & REC;  
OP TEL; MANUV; SPIN TRN; FTNR FIN;  
REV TRN;; HVR; THRU SEMI CHASSE;

**END:** THRU PROM SWAY; CHG to HINGE LINE & EXTEND L ARMS;;