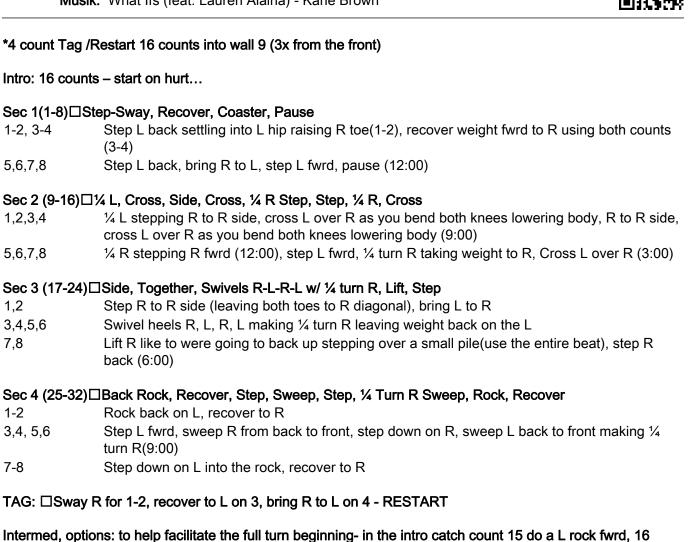
No Regrets

Count: 32

Ebene: Improver

Choreograf/in: Donna Manning (USA) - June 2017

Musik: What Ifs (feat. Lauren Alaina) - Kane Brown



recover to R

Sec 1: Step, ½ L pirouette on ball of L for 1-2

** Use counts 15 -16 of intro to help*** count 1 - make a ½ turn L stepping down on L (6:00) -keep this step small

Bring R instep to L ankle as you make ½ turn L on the ball of the L completing the full turn Step R fwrd on count 3 and continue this section as before

Sec 200NO changes

Sec $3\square\square$ Use counts 1-2 to square to wall not on an angle

- 3-4 R swivet - weight on heel of R, ball of L swivel unweighted parts to outside, Bring feet back to center - change weight to heel of L, ball of R
- 5-6 L swivet – unweighted parts to outside, Bring feet back to center – change weight to heel of R and ball of L

Into Sec 4 7-8&1-2-3: ¼ turn R heel grind using ball of L (7), push off R heel stepping L back (8), step R back to L (&), Step L back (1), bring R to L (2), step L fwrd (3) CONTINUE WITH END OF DANCE

Have FUN!!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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Wand: 4

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