

# Life of No Regret

COPPER KNOB  
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Kate Damgaard (DK) - May 2021

Musik: Little Thing Called Love (Single Mix) - Ronan Keating : (iTunes)



(Be sure to find the "Single Mix" and not the album version, there's a small difference)

Intro: 16 counts

Restarts: Wall 4 & Wall 9 - both 9:00 after 12 Counts (Coasterstep)

**Section 1: R heel toe shuffle fwd, L mambo fwd, R & L walk back**

1,2,3&4 R heel fwd, R toe touch together, R fwd, L together, R fwd

5&6,7,8 L fwd, R recover, L step back, R step back, L step back

**Section 2 : R step back, touch, L coasterstep, R side point, touch, side step, L step behind, R side step**

1,2,3&4 R step back, L touch together, L step back, R step together, L step fwd \*\*\*Restart 4 & 9\*\*\*

5&6,7,8 R side point, R touch together, R side step, L step behind, R side step

**Section 3: L cross rock, chassé 1/4 turn left, tripple 3/4 left, shuffle fwd**

1,2,3&4 L cross i.f, R recover, L side step, R together, L 1/4 left step fwd (3:00)

5&6,7&8 Triple /cha cha cha on the spot R, L, R 3/4 left (12:00), L fwd, R together, L fwd

**Section 4: R rock fwd, shuffle 1/2 turn right (6:00), shuffle 1/2 turn right (12:00), turn 1/4 right side rock (3:00)**

1,2,3&4 R step fwd, L recover, shuffle 1/2 turn right: R-together-R (3&4) (6:00)

5&6,7,8 Shuffle 1/2 turn right: L-together-L (5&6) (12:00) turn 1/4 right R side step, L recover (3:00)

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