

No Regret!

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Sisters Buttons (LAT) - February 2023

Musik: Flowers - Miley Cyrus



Intro: Start just after lyrics start on the word "good"

STEP, STEP, KICK, OUT, OUT, HIP BUMPS

- 1-2 Step RF forward, step LF forward
- 3&4 Kick RF forward, step side LF, step side RF
- 5-6 Bump hips left, right
- 7&8 Bump hips left, right, left

Restart here on Wall 7

SAILOR STEP, SAILOR STEP TURNING ¼ L, ROCK STEP, TURN FULL & ½

- 1&2 Cross RF behind LF, step LF to left side, step RF to right side
- 3&4 Cross LF behind RF, ¼ turn left, step RF beside LF, step LF forward (9:00)
- 5-6 Step RF forward, recover on LF
- 7&8 ½ turn right stepping forward onto RF, make ½ turn right stepping back on LF, make ½ , turn right stepping forward onto RF (3:00)

¼ ROCK SIDE , SAILOR STEP, HITCH RF, TOUCH, HITCH LF, TOUCH,

- 1-2 Step LF to ¼ left side, recover on RF (6:00)
- 3&4 Cross LF behind RF, step RF to right side, step LF to left side
- 5-6 Hitch RF knee up, step back on RF, touch LF back
- 7-8 Hitch LF knee up, step back on LF, touch RF back

Restart here on Wall 4

HITCH RF 2X, CROSS UNWIND ½ TURN RIGHT,

- 1&2 Hitch RF knee up, step RF to right side
- 3&4 Hitch RF knee up, step RF to right side
- 5-8 Cross LF over RF, turn (unwind) ½ to right weight on LF (12:00)

ROCK CROSS, REPLACE, SHUFFLE SIDE, ROCK CROSS, REPLACE, SHUFFLE BACK DIAGONAL

- 1-2 Cross rock RF over LF, replace weight on LF
- 3&4 Step side RF, step LF next to RF, step side RF
- 5-6 Cross rock LF over RF, replace weight on RF
- 7&8 Step back LF 1/8 turn right (diagonal), step RF next to LF, step back LF

STEP TOUCH, STEP PIVOT, STEP TOUCH

- 1-2 Step RF back, touch LF next to RF (3:00)
- 3-4 Step LF forward, pivot ½ left
- 5-6 Step RF forward, pivot ½ left
- 7-8 Step LF forward, touch RF next to LF

Hope you enjoy the dance.