

# Regards

Count: 32

Wall: 4

Level: Improver

Choreographer: Noria MERCIER (FR) - April 2020

Music: Ride It - Regard



Intro : 32 counts

## S1 – KICK BALL POINT X2, CROSS, BACK, SIDE, CROSS SHUFFLE

- 1&2 Kick Rf forward, R step beside L, Lf point to L side  
3&4 Kick Lf forward, L step beside R, Rf point to R side  
5-6& Cross Rf in front of L, Lf behind, Rf beside L,  
7&8 Cross Lf in front of Rf, Rf to right side, Cross Lf in front of Rf

## S2 – SIDE ROCK, BEHIND, ¼ TURN LEFT, STEP, STEP TURN X2

- 1-2 Rf rock to the right, Recover,  
3&4 Rf behind L, ¼ turn to the left and Lf forward, Rf forward  
5-6 Step forward on Lf, pivot ½ turn to the right,  
7-8 Step forward on Lf, pivot ½ turn to the right,

## S3 – BOUNCE (x 2), ROCK STEP FORWARD, TRIPLE ½ TURN, BOUNCE (X2)

- 1-4 Lf forward and Bounce x 2 , Hold, Rock Rf forward, Recover  
5&6 Make a ¼ turn R stepping Rf to the right, Lf step together, make ¼ turn R stepping Rf forward  
7-8 Lf forward and Bounce x 2

## S4 – STEP ½ TURN, TRIPLE SIDE, BACK ROCK STEP, TRIPLE SIDE

- 1-2 Step forward on Rf, pivot ½ turn to the left  
3&4 Rf to the R, Lf side together, Rf to the R side  
5-6 Lf Rock backward, Recover  
7&8 Lf to the L, close Rf next to Lf, Lf to the left side

**TAG: You dance the TAG after wall 4.**

## STEP SWEEP, CROSS, SIDE, BACK SWEEP, CROSS BACK, ¼ TURN, STEP SWEEP, CROSS, BACK, ¼ TURN SWEEP, STEP ½ TURN

- 1-2 & Rf forward and Sweep Lf from back to front, Cross Lf in front of R, Rf to the R side  
3-4 & Cross Lf behind Rf and sweep Rf from front to back, Cross Rf behind Lf, make a ¼ turn left and Lf forward  
5-6& Step Rf forward and sweep Lf from back to front, cross Lf in front of Rf, Step back on Rf  
7-8& Make a ¼ turn Lf and Lf forward and sweep Rf from back to front, Step Rf forward, Pivot ½ turn to the left. Weight on the Lf.