

# Old Flame, New Regret

**COPPER** **KNOB**  
BY SHEETS

**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Sharon Fromow (CAN) & Paula Jugdev (CAN) - February 2023

**Music:** Old Flame (New Regret) - John Wort Hannam



## #16 count intro

### S1: Heel Strut RF, Heel Strut LF, Side Rock RF Recover LF, Forward Rock RF Recover LF

- 1-2 RF stepping forward on heel, drop toe [12:00]
- 3-4 LF stepping forward on heel, drop toe
- 5-6 RF rock out to right side, recover weight on LF
- 7-8 RF rock forward, recover back on LF

### S2: (Right Rumba Box Forward) RF Side Together, LF Forward, LF Side Together, LF Back

- 1-2 Step RF to R side, step LF next to RF
- 3-4 Step forward RF, touch LF next to RF
- 5-6 Step LF to L side, step RF next to LF
- 7-8 Step back on LF, touch RF next to LF

### S3: Back, Touch, Forward Touch, ½ Walk Around Right (R, L, R, L-Scuff/Hold)

- 1-2 RF Step back, touch LF toe next to RF
- 3-4 LF Step forward, touch RF toe next to LF
- 5-6-7-8 Walk around ½ turn right, stepping RF, LF, RF, LF scuff (or hold) [12:00 to 6:00]

### S4: ¼ Walk Around Right (L,R,L, R- Scuff/Hold), R Rocking Chair

- 1-2-3-4 Walk around ¼ turn, stepping LF, RF, LF, RF scuff (or hold) [6:00 to 9:00]
- 5-6-7-8 RF Rock forward, LF Recover, RF rock back, LF recover [9:00]

Music fades on wall 9. Continue to the end of S3 (run, run 5-6) but instead do a quarter turn to end up on 12:00 instead of half, finish S4 (1-4) LF, RF, LF forward.- End of Dance

No tags, no restarts

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