

# One Regret

**COPPER** KNOB  
STEPSHEETS

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Frank Heelan (IRE) - November 2024

Musique: The Only Lie I Ever Loved (feat. Olivia Douglas) - Derek Ryan



---

## Sec 1 Step touch, back kick, back lock back, coaster step, shuffle forward.

- 1&2& Step forward right, touch left forward, step back left, kick right forward.
- 3&4 Step back on right, lock left in front of right, step back right.
- 5&6 Step back on left, right together, step forward left.
- 7&8 Step forward right, left together, step forward right.

## Sec 2 Mambo step, pivot ½ turn, step lock step, step lock step, point.

- 1&2 Step forward on left, recover to right, step left together.
- 3-4 Step forward right, pivot ½ turn left. (Weight to left)
- 5&6 Step forward right, lock left behind, step forward right.
- &7& Step forward left, lock right behind, step forward left.
- 8 Point right to right.

## Sec 3 Sailor step, sailor ¼ turn, step ½ turn, shuffle forward.

- 1&2 Sweep right behind left, step left to left, step right to right.
- 3&4 Turn ¼ left sweeping left behind right, rock right to right, recover to left.
- 5-6 Step forward on right, pivot ½ turn left. (Weight to left)
- 7&8 Step forward right, left together, forward right.

## Sec 4 Rock step & rock step, back lock back, sailor ¼ turn

- 1-2& Rock forward on left, recover to right, step left next to right.
- 3-4 Rock forward on right, recover to left.
- 5&6 Step back on right, lock left in front, step back on right.
- 7&8 Turn ¼ left sweeping left behind, recover to right, step left forward.

Contact: [heelanjohnl@gmail.com](mailto:heelanjohnl@gmail.com)

---