

No Regrets

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Scott Blevins (USA)

Musique: Outside (The Club) - Adina Howard

Count in: 32 counts from start of music, which is 32 counts before vocals begin

- 1 Turn body towards 11:00 diagonal stepping forward left
- 2&3 Keep body turned towards 11:00 diagonal step side right with right, step left across and in front of right, step side right with right (triple step foot work progresses towards 12:00 wall)
- 4&5 Square up to 12:00 wall stepping forward on left, tap right toe next to left foot, press forward onto ball of right
- 6-7-8& Recover weight back onto left, make ½ turn right to face 6:00 stepping forward on right, make ½ turn right to face 12:00 stepping back on left, make ¼ turn right to face 3:00 stepping side right
- 1-2&3 Step left across right, make ¼ turn right to face 6:00 stepping forward right, step slightly to left on ball of left, step back on right
- 4&5 "Lock" left by stepping onto ball of left across and in front of right foot, step back onto right, "lock" left by stepping onto ball of left across and in front of right foot
- 6&7-8 Make ½ turn right to face 12:00 stepping forward right, step forward left, make ½ turn right to face 6:00 stepping forward right, step forward on left
- &1 Making a ¼ turn left to face 3:00 as you bend right knee and bring right foot up to left calf, step a big step side right with right
- 2&3 Rock onto ball of left behind right, recover weight onto right, make ½ turn left to face 9:00 stepping forward left
- 4&5 Press ball of right across left, step small step back on left, step small side right with right ending with feet slightly apart
- 6-7-8& Step left across and in front of right, turn body towards 11:00 diagonal stepping forward right, rock forward on left towards 11:00 diagonal, recover weight back onto right
- 1-2-3 Step (lock) onto ball of left across and next to right still facing 11:00 diagonal, make ¼ turn left to face 7:00 diagonal stepping back right to create a "spiral" effect, make ¼ turn left to face 5:00 diagonal stepping forward left
- 4&5 Move towards 5:00 diagonal stepping forward right, make a little more than a ¼ turn left to square up to 12:00 wall stepping forward left, step small step forward right
- 6-7-8& Make ¼ turn right to face 3:00 stepping side left, make ½ turn right to face 9:00 stepping side right, rock left behind right, recover weight onto right

This is your new 12:00 wall. You will start with count 1 stepping on a diagonal toward 11:00

REPEAT