

# Regrets

Compte: 48

Mur: 2

Niveau: Intermediate waltz



Chorégraphe: Luke van der Meer (AUS)

Musique: All I Had Going Is Gone - Gary Allan

- 1-2 Rock right foot forward, rock weight back onto left foot  
3 Turning  $\frac{1}{2}$  back right step right foot forward  
4-5-6 Step left foot forward, step right foot beside left, step left foot in place
- 1-2 Turning  $\frac{1}{4}$  right step right foot forward, step left foot back around  $\frac{1}{2}$  right  
3 Turning a further  $\frac{1}{4}$  right step right foot to right side  
4-5-6 Step left foot beside right, step right foot in place, step left foot in place
- 1-2 Turning  $\frac{1}{4}$  right step right foot forward, step left foot forward  
3 Pivot  $\frac{1}{2}$  right taking weight onto right foot  
4-5 Rock left foot forward, rock weight back onto right foot  
&6 Turning  $\frac{1}{4}$  left stepping left foot forward, step right foot forward
- 1-2 Step left foot forward, touch right foot beside left (keep weight on left foot)  
&3 Stepping right foot back, step/cross left foot in front of right foot  
4-5-6 Step right foot to right side push hips to right side, push hips to left side, push hips to right side (taking weight onto right foot)
- 1-2 Turning  $\frac{1}{4}$  left step left foot forward, turning around  $\frac{1}{2}$  left step right foot back  
3 Turning around a further  $\frac{1}{2}$  back left step left foot forward  
4-5 Rock right foot forward, rock weight back onto left foot  
6 Turning  $\frac{1}{4}$  left step right foot to right side
- 1-2 Rock left foot behind right foot, rock weight forward onto right foot  
&3 Turning  $\frac{1}{4}$  right stepping left foot back, turning a further  $\frac{1}{2}$  back right step right foot forward  
4-5-6 Step left foot forward, slide right foot beside left foot, hold
- 1-2-3 Step right foot forward, slide left foot beside right foot, hold (keep weight on right foot)  
4-5 Step left foot back on a 45 back left, step/cross right foot in front of left foot  
&6 Stepping left foot back, step right foot back on a 45 back right
- 1-2 Step/cross left foot in front of right foot, step right foot back at 45 back right  
&3 Stepping left foot back, step forward onto right foot in place  
4 Turning around  $\frac{1}{2}$  right step a large step back with left foot  
5 Turning around a further  $\frac{1}{2}$  back right step a large step forward with right foot  
6 Turning  $\frac{1}{4}$  right step a large step forward with left foot

## REPEAT

## TAG

After the 2nd time you do the dance (facing front wall) add in the following 6 beat tag. Then start the dance again, this will put you back in phase with the 2nd verse of song

- 1-2 Rock right foot forward, rock weight back onto left foot  
3 Turning  $\frac{1}{2}$  back right step right foot forward  
4-5 Rock left foot forward, rock weight back onto right foot  
6 Turning  $\frac{1}{2}$  back left step left foot forward

