

I Got No Regrets

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Carolyn Jurek (CAN), Rob Fowler (ES) & I.C.E. (ES) - February 2022
音乐: No Regrets - Arkells



Intro: 32 counts, start on the heavier beat (approx. 16 secs) (No Tags or Restarts)

S1 (1-8) WALK FWD R L R, POINT L, STEP BACK L, R POINT-TOUCH-POINT

1-2-3 Walk forward R, L, R
4 Point L to left side
5 Step back on L
6-7-8 Point R to right side, touch R beside L, point R to right side
(option for dancers with good balance: Hitch on 7 instead of touch)

S2 (9-16) ¼ RIGHT JAZZ BOX, FEET TOGETHER, SWIVEL HEELS LEFT/CENTRE, STEP L, TOUCH R

1 Cross R over L
2-3 Begin ¼ turn right stepping L back, complete turn stepping R side (3:00)
4 Step L together with R
5-6 Swivels heels left, swivel back to centre (weight is right)
7-8 Step L to left side, touch R beside L

S3 (17-24) VINE RIGHT W/ L BRUSH, DIAGONAL L ROCKING CHAIR

1-2-3-4 Step R to right side, cross L behind R, step R to right side, brush L across R
5-6-7-8 Facing diagonal: rock L fwd, recover weight R, rock L back, recover weight R (4:30)

S4 (25-32) L JAZZ BOX CROSS, STEP L, DRAG R TO L, BACK ROCK R

1 Cross L over R
2-3-4 Squaring up to 3:00 wall, step R back, step L side, cross R over L
5-6 Big step L, drag R in toward L
7-8 Rock R back, recover weight L

Start Over

Optional Ending:

At the end of Wall 10, facing 6:00, at the very end of the dance after the back rock on count 7, add 3 stomps to match the music, stepping L-R-L on counts &-8-&, making a ½ turn left to face front

Contact: Choreographer Carolyn Jurek - carolynjurek@gmail.com