

# Old Flame, New Regret

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Sharon Fromow (CAN) & Paula Jugdev (CAN) - February 2023  
音乐: 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