

# No Regrets

拍數: 64      牆數: 1      級數: Low Intermediate  
編舞者: Mimi Ortiz (MEX), Denisse Delgado (MEX) & Rubén Garcia - May 2019  
音樂: You Played with My Heart - Low Country



## CHASSÉ RIGHT, ROCK RECOVER, CHASSÉ LEFT, ROCK RECOVER

1&2      Step right foot to right, Left foot next to right, Step right foot to right  
3, 4      Rock left foot behind, Recover right foot  
5&6      Step left foot to left, right foot next to left, Step left foot to left  
7, 8      Rock right foot behind, Recover left foot

## STEP RF TO RIGHT, BEHIND SIDE CROSS, STEP, ROCK RECOVER, CHASSÉ LEFT

1      Step right foot to side  
2&3      Step left foot behind right, Step right to side, Cross left foot over right  
4      Step right foot to side  
5&6      Rock left foot behind right, Recover right foot  
7&8      Step left foot to left, right foot next to left, Step left foot to left

## ROCK RECOVER, JAZZ BOX ¼ TURN TO RIGHT, CHASSÉ RIGHT, CROSS ROCK, RECOVER

1, 2      Rock right foot behind left, Recover left foot  
3, 4      Cross right foot over left, Recover left foot  
5&6      ¼ turn to right stepping right foot, Left foot next to right, Step right foot to right (3:00)  
7, 8      Cross left foot over right, Recover right foot

## TRAVELING PIVOT, SHUFFLE FORWARD, ROCK RECOVER, COASTER STEP

1, 2      Step left foot to left, ¾ turn to left stepping right foot  
3&4      ½ turn to left and Step left foot forward, right foot near to right, Step left foot forward (12:00)  
5, 6      Rock right foot forward, Recover left foot  
7&8      Step right foot behind, left foot next to right, Step right foot forward

## ROCK, RECOVER, ½ TURN TO LEFT AND SHUFFLE FORWARD, TRAVELING PIVOT TO LEFT, STEP RIGHT FORWARD, ½ TURN TO LEFT

1, 2      Rock left foot forward, Recover right foot  
3&4      ½ turn to left stepping left foot forward, Step right foot near to left, Step left foot forward  
5, 6      Step right foot forward and turn ½ to left (weight on right), ½ turn to left and step LF forward (weight on left)  
7, 8      ` Step right foot forward, ½ turn to left

## STEP LOCK STEP R&L, SCISSORS R&L

1&2      Step right foot forward, Lock left foot, Step right foot forward (12:00)  
3&4      Step left foot forward, Lock right foot, Step left foot forward  
5&6      Step right foot to side, Left foot next to right, Cross right foot over left  
7&8      Step left foot to side, Right foot next to left, Cross left foot over right

## HEEL INSIDE, HEEL OUTSIDE, COASTER STEP (R&L)

1, 2      Touch right heel inside, Touch right heel outside  
3&4      Step right foot behind, Left foot next to right, Right foot forward  
5, 6      Touch left heel inside, Touch left heel outside  
7&8      Step left foot behind, right foot next to left, Left foot forward

## ROCK, RECOVER, COASTER STEP (R&L)

1, 2      Rock right foot forward, Recover left foot

3&4 Step right foot behind, Left foot next to right, Right foot forward  
5, 6 Rock left foot forward, Recover right foot  
7&8 Step left foot behind, right foot next to left, Left foot forward

**On 1st and 2nd wall instead of last section we add:**

**ROCK, RECOVER, ½ TURN SHUFFLE FORWARD, STOMP LEFT FOOT, HOLD, STEP RIGHT FOOT, ½ TURN TO LEFT AND START AGAIN**

1, 2 Rock right foot forward, Recover left foot  
3&4 ½ turn Stepping right foot forward, left foot near to right, Step right foot forward (6:00)  
5, 6 Stomp Left foot to left side, Hold  
7, 8 Step right foot forward, ½ turn to left (12:00)

**Tag: On 5th wall after 4 counts:**

5, 6 Stomp left foot, Hold  
7, 8 H O L D

**Start again!**

**Contact: [dennisedelgado97@gmail.com](mailto:dennisedelgado97@gmail.com)**

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