

No Regrets

拍數: 64 牆數: 1 級數: Low Intermediate
編舞者: Mimí 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!

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