

No Regret

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Eun Mi Lim (KOR) & S.E.A of love (KOR) - December 2019
音樂: No Regret (신기루 [사랑사랑사랑2]) - FTISLAND



Intro: 32 counts (approx. 13secs)

S1: Coaster - Cross, Touch, Cross. Two Times

1&2 Step R back, Step L next to R, Cross R over L.
3-4 Touch L to left side, Cross L over R.
5&6 Repeat 1&2
7-8 Repeat 3&4

S2: Chasse, Touch & Bump, Together, Touch & Bump, Together, 1/4L Chasse

1&2 Step R to right side, Step L next to R, Step R to right side.
3-4 Touch L forward with hip bump L, Step L next to R.
5-6 Touch R back with hip bump R, Step R next to L.
7&8 Step L to left side, Step R next to L, 1/4Turn L stepping L forward (9:00).

S3: Touch, Touch, Together, Point, Hold, 1/4Turn L Together, Touch, Hitch, Cross Shuffle.

1-2& Touch cross R over L, Touch R to right side, Step R next to L.
3-4& Touch L to left side, Hold, 1/4turn L stepping L next to R (6:00).
5-6 Touch L to left side, Hitch R knee across L.
7&8 Cross R over L, Step L to left side, Cross R over L.

S4: 1/4Turn R Back, Side, Cross Shuffle, Touch, Cross, Touch, Cross.

1-2 1/4turn R stepping L back (9:00), Step R to right side.
3&4 Cross L over R, Step R to right side, Cross L over R.
5-6 Touch R to right side, Cross R over L.
7-8 Touch L to left side, Cross L over R.

Tag (16 counts): At the end of wall 9 (9:00)

1-8 Hold (4 counts), Lindy Step R (Chasse, Rock back/Recover)
9-16 1/4turn R Lindy Step L (Chasse, Rock back/Recover) , Hold (4 counts) (12:00)

Enjoy Dancing Always!

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