

# No Regret!

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Sisters Buttons (LAT) - February 2023  
音樂: Flowers - Miley Cyrus



**Intro: Start just after lyrics start on the word "good"**

## STEP, STEP, KICK, OUT, OUT, HIP BUMPS

1-2            Step RF forward, step LF forward  
3&4            Kick RF forward, step side LF, step side RF  
5-6            Bump hips left, right  
7&8            Bump hips left, right, left

**Restart here on Wall 7**

## SAILOR STEP, SAILOR STEP TURNING ¼ L, ROCK STEP, TURN FULL & ½

1&2            Cross RF behind LF, step LF to left side, step RF to right side  
3&4            Cross LF behind RF, ¼ turn left, step RF beside LF, step LF forward (9:00)  
5-6            Step RF forward, recover on LF  
7&8            ½ turn right stepping forward onto RF, make ½ turn right stepping back on LF, make ½ , turn right stepping forward onto RF (3:00)

## ¼ ROCK SIDE , SAILOR STEP, HITCH RF, TOUCH, HITCH LF, TOUCH,

1-2            Step LF to ¼ left side, recover on RF (6:00)  
3&4            Cross LF behind RF, step RF to right side, step LF to left side  
5-6            Hitch RF knee up, step back on RF, touch LF back  
7-8            Hitch LF knee up, step back on LF, touch RF back

**Restart here on Wall 4**

## HITCH RF 2X, CROSS UNWIND ½ TURN RIGHT,

1&2            Hitch RF knee up, step RF to right side  
3&4            Hitch RF knee up, step RF to right side  
5-8            Cross LF over RF, turn (unwind) ½ to right weight on LF (12:00)

## ROCK CROSS, REPLACE, SHUFFLE SIDE, ROCK CROSS, REPLACE, SHUFFLE BACK DIAGONAL

1-2            Cross rock RF over LF, replace weight on LF  
3&4            Step side RF, step LF next to RF, step side RF  
5-6            Cross rock LF over RF, replace weight on RF  
7&8            Step back LF 1/8 turn right (diagonal), step RF next to LF, step back LF

## STEP TOUCH, STEP PIVOT, STEP TOUCH

1-2            Step RF back, touch LF next to RF (3:00)  
3-4            Step LF forward, pivot ½ left  
5-6            Step RF forward, pivot ½ left  
7-8            Step LF forward, touch RF next to LF

**Hope you enjoy the dance.**