

Regrets

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Maggie Gallagher (UK) - March 2023
音樂: Regrets - Flynn : (Amazon & iTunes)



Intro: Start after the words "Suddenly You've Got" (10 secs)

Sequence: A, A, B, A, A, A, B, A, A, B (20 counts), A

Part A – 32 counts

A1: RIGHT, ½ DOROTHY, HEEL, HOLD, & WALK, ½, ¼, POINT

- 1-2& Step forward on right, ½ left locking left behind right, Step slightly back on right [6:00]
- 3-4& Touch left heel forward, HOLD, Step left next to right
- 5-6 Walk forward on right, ½ right stepping back on left [12:00]
- 7-8 ¼ right stepping right next to left, Point left to left side [3:00]

A2: KICK &, FUNKY DIP WALKS x2, TOUCH, & TOUCH, HOLD, & TOUCH, HOLD

- 1&2 Kick left slightly across right, Step left next to right, Walk forward on right bending knees
- 3-4 Walk forward on left bending knees, Touch right next to left
- &5-6 Jump slightly back on right on left diagonal, Touch left next to right, HOLD
- &7-8 Jump slightly back on left on right diagonal, Touch right next to left, HOLD

A3: OUT OUT, WALK, ¼ FLICK, CROSS, ¼, ½, R DOROTHY

- &1-2 Small jump on right to right side, Small jump on left to left side, Walk forward on right
- 3-4 Keeping weight on right turn ¼ right flicking left back, Cross left over right [6:00]
- 5-6 ¼ left stepping back on right, ½ left stepping forward on left [9:00]
- 7-8& Step right forward on right diagonal, Lock left behind right, Step forward on right [10:30]

A4: ¼ WALK, HOLD, & WALK, RONDE HITCH, CROSS, BACK, ½, WALK

- 1-2& ¼ left walking forward on left, HOLD, Step right next to left [7:30]
- 3-4 Walk forward on left, Ronde hitch right knee slightly across left
- 5-6 Cross right over left, Step back on left straightening to [9:00]
- 7-8 ½ right stepping forward on right, Walk forward on left [3:00]

Part B – 32 counts. Script describes Part B as first danced facing [6:00]

B1: SIDE, POINT, SIDE, POINT, STEP, LOCK/DIP, STEP, ¼ FLICK

- 1-2 Step right to right side rolling hips and bending knees slightly, Point left forward angling body to [4:30]
- 3-4 Step left to left side rolling hips and bending knees slightly, Point right forward angling body to [7:30]
- 5-6 Step forward on right to [7:30], Lock left behind right bending knees
- 7-8 Step forward on right, Keeping weight on right turn ¼ left flicking left back [4:30]

B2: STEP, LOCK/DIP, STEP, FLICK, SLIDE, DRAG, ¼ SLIDE, DRAG

- 1-2 Step forward on left to [4:30], Lock right behind left bending knees
- 3-4 Step forward on left, Flick right back
- 5-6 Slide back on right, Drag left to meet right [4:30]
- 7-8 ¼ right sliding back on left, Drag right to meet left [6:00]

B3: SIDE, POINT, SIDE, POINT, STEP, LOCK/DIP, STEP, ¼ FLICK

- 1-2 Step right to right side rolling hips and bending knees slightly, Point left forward angling body to [4:30]
- 3-4 Step left to left side rolling hips and bending knees slightly, Point right forward angling body to [7:30]

***Restart here during the third repetition of Part B**

5-6 Step forward on right to [7:30], Lock left behind right bending knees
7-8 Step forward on right, Keeping weight on right turn $\frac{1}{4}$ left flicking left back [4:30]

B4: STEP, LOCK/DIP, STEP, FLICK, $\frac{5}{8}$ LEFT TURN WALKING R-L-R-L

1-2 Step forward on left to [4:30], Lock right behind left bending knees
3-4 Step forward on left, Flick right back
5-6-7-8 $\frac{5}{8}$ left walking right, left, right, left in a circle [9:00]

RESTART: This occurs during the third repetition of Part B, which starts facing [3:00]
Dance 20 counts of Part B, then restart the dance with Part A, facing [3:00]

ENDING: Dance 30 counts of the last repetition of Part A. Step right to right side on count 31, then step forward on left to finish facing [12:00]

Thank you to Margaret Hains for suggesting this track

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