

# No Regrets In This Life (此生无憾)

COPPER KNOB  
BY SHEETS

拍數: 32                      牆數: 2                      級數: Easy Intermediate  
編舞者: Heru Tian (INA) & Erni Jasin (INA) - March 2025  
音樂: Ci Sheng Wu Han (此生無憾) (國語女生版) - Jin Yu Er (金鈺兒)



No Tag, No Restart!

Intro : Start on Vocal!

## Section 1 : 3/8L Diamond Fall Away, Syncopated Rock Fwd & 1/8R Side Rock, Sailor Side

12&                      Take a long step RF to R Side (1), 1/8L, Step LF Back (2), Step RF Back (&) (10.30)  
34&                      1/8L, Take a long step LF to L Side (3), 1/8L, Step RF Fwd (4), Step LF Fwd (&) (7.30)  
5&6&                      Rock RF Fwd (5), Recover on LF (&), 1/8R, Rock RF to R Side (6), Recover on LF (&)  
7&8                      Step RF behind LF (7), Step LF beside RF (&), Step RF to R Side (8) (9.00)

## Section 2 : Rock Back, Side, Behind, 1/4L Fwd, Fwd, Mambo 1/2L, 1/2L Back Locking Step, Together

1&2                      Rock LF back (1), Recover on RF (&), Step LF to L Side (2)  
3&4                      Cross RF behind LF (3), 1/4L, Step LF Fwd (&), Step RF Fwd (4) (6.00)  
5&6                      Rock LF Fwd (5), Recover on RF (&), 1/2L, Step LF Fwd (6) (12.00)  
7&8&                      1/2L, Step RF Back (7), Lock LF over RF (&), Step RF Back (8), Step LF Next to RF (&)  
(6.00)

## S3: BASIC NC, SPIRAL 3/4 TURN R, FWD (X2), ROCK FWD, RECOVER, TOGETHER, FWD/SWEEP, CROSS, SIDE

12&3                      Rf Big step side (1), close Lf slightly behind Rf (2), cross Rf over Lf (&), step Lf side make spiral 3/4 turn R keep weight on Lf (3) (3:00)  
4&5                      Step Rf fwd (4), step Lf fwd (&), rock Rf fwd (5)  
6&7                      Recover on Lf (6), step Rf next to Lf (&), step Lf fwd and sweep Rf from back to front (7)  
8&                      Cross Rf over Lf (8), step Lf side (&)

## S2: BACK, HITCH (4 FIGURE), CROSS BEHIND, 1/4R, FWD (X2), PIVOT 1/2 L, 1/2L, BACK/SWEEP, CROSS, BEHIND, SIDE, FWD, CLOSE

12&3                      Step Rf back and hitch Lf make a 4 figure at the same time (1), cross Lf behind Rf (2), 1/4R step Rf fwd (&), step Lf fwd (6:00)  
4&5                      Step Rf fwd 1/2L (4), step Lf in place (&), 1/2L step Rf back and sweep Lf from front to back (5)  
6&7                      Cross Lf behind Rf (6), step Rf side (&), step Lf fwd (7)  
8&                      Step Rf fwd (8), close Lf next to Rf (&)

Start again from beginning..

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