

Regrets

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Luke van der Meer (AUS)
音樂: All I Had Going Is Gone - Gary Allan



- 1-2 Rock right foot forward, rock weight back onto left foot
3 Turning $\frac{1}{2}$ back right step right foot forward
4-5-6 Step left foot forward, step right foot beside left, step left foot in place
- 1-2 Turning $\frac{1}{4}$ right step right foot forward, step left foot back around $\frac{1}{2}$ right
3 Turning a further $\frac{1}{4}$ right step right foot to right side
4-5-6 Step left foot beside right, step right foot in place, step left foot in place
- 1-2 Turning $\frac{1}{4}$ right step right foot forward, step left foot forward
3 Pivot $\frac{1}{2}$ right taking weight onto right foot
4-5 Rock left foot forward, rock weight back onto right foot
&6 Turning $\frac{1}{4}$ left stepping left foot forward, step right foot forward
- 1-2 Step left foot forward, touch right foot beside left (keep weight on left foot)
&3 Stepping right foot back, step/cross left foot in front of right foot
4-5-6 Step right foot to right side push hips to right side, push hips to left side, push hips to right side (taking weight onto right foot)
- 1-2 Turning $\frac{1}{4}$ left step left foot forward, turning around $\frac{1}{2}$ left step right foot back
3 Turning around a further $\frac{1}{2}$ back left step left foot forward
4-5 Rock right foot forward, rock weight back onto left foot
6 Turning $\frac{1}{4}$ left step right foot to right side
- 1-2 Rock left foot behind right foot, rock weight forward onto right foot
&3 Turning $\frac{1}{4}$ right stepping left foot back, turning a further $\frac{1}{2}$ back right step right foot forward
4-5-6 Step left foot forward, slide right foot beside left foot, hold
- 1-2-3 Step right foot forward, slide left foot beside right foot, hold (keep weight on right foot)
4-5 Step left foot back on a 45 back left, step/cross right foot in front of left foot
&6 Stepping left foot back, step right foot back on a 45 back right
- 1-2 Step/cross left foot in front of right foot, step right foot back at 45 back right
&3 Stepping left foot back, step forward onto right foot in place
4 Turning around $\frac{1}{2}$ right step a large step back with left foot
5 Turning around a further $\frac{1}{2}$ back right step a large step forward with right foot
6 Turning $\frac{1}{4}$ right step a large step forward with left foot

REPEAT

TAG

After the 2nd time you do the dance (facing front wall) add in the following 6 beat tag. Then start the dance again, this will put you back in phase with the 2nd verse of song

- 1-2 Rock right foot forward, rock weight back onto left foot
3 Turning $\frac{1}{2}$ back right step right foot forward
4-5 Rock left foot forward, rock weight back onto right foot
6 Turning $\frac{1}{2}$ back left step left foot forward

