

## Regulator

32 Count, 4 Wall, Beginner, WCS

Choreographer: Benny Ray (Denmark) Sept 2009

Choreographed to: Regulate by Warren G

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### **PRESS STEP, ANCHOR STEP, ROCK BACK, SHUFFLE FORWARD**

- 1-2 Press right foot forward, recover weight on left  
3 & 4 Rock back on right, recover on left, step back on right (closed 3<sup>rd</sup> position)  
5-6 Rock back on left, recover weight on right  
7 & 8 Step forward left, close right next to left, step forward left

### **WALK R-L, BALL CROSS, CROSS, SIDE, BEHIND, SIDE, CROSS, ½ UNWIND WITH SWEEP**

- 9-10 Walk forward right, walk forward left  
& 11-12 Step right foot slightly to the right, cross left over right, cross right over left  
13-14 Step side left, cross right behind  
& 15-16 Step side left, cross right over left, make ½ unwind left sweeping left foot around

### **2 X SAILOR STEP, 2 X CROSS POINT**

- 17 & 18 Cross left behind right, step right to side, step left to side  
19 & 20 Cross right behind left, step left to side, step right to side  
21-22 Cross left over right, point right to side  
23-24 Cross right over left, point left to side

### **PRESS STEP, ¼ SAILOR TURN, 4 X SKATES**

- 25-26 Press left foot forward, recover on right  
27 & 28 Make ¼ turn left as you cross left behind right, step right to side, step left to side  
29-30 Skate forward on right, skate forward on left  
31-32 Skate forward on right, skate forward on left