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No Regrets

32 Count, 4 Wall, Improver

Choreographer: Donna Manning (USA) Jun 2007

Choreographed to: What Ifs by Kane Brown & Lauren Alaina

*4 count Tag /Restart 16 counts into wall 9 (3x from the front)

Intro: 16 counts – start on hurt...

Section 1 Step-Sway, Recover, Coaster, Pause

1-2, 3-4 Step L back settling into L hip raising R toe(1-2), recover weight fwd to R using both counts (3-4)
5,6,7,8 Step L back, bring R to L, step L fwd, pause (12:00)

Section 2 ¼ L, Cross, Side, Cross, ¼ R Step, Step, ¼ R, Cross

1,2,3,4 ¼ L stepping R to R side, cross L over R as you bend both knees lowering body, R to R side,
cross L over R as you bend both knees lowering body (9:00)
5,6,7,8 ¼ R stepping R fwd (12:00), step L fwd, ¼ turn R taking weight to R, Cross L over R (3:00)

Section 3 Side, Together, Swivels R-L-R-L w/ ¼ turn R, Lift, Step

1,2 Step R to R side (leaving both toes to R diagonal), bring L to R
3,4,5,6 Swivel heels R, L, R, L making ¼ turn R leaving weight back on the L
7,8 Lift R like to were going to back up stepping over a small pile(use the entire beat),
step R back (6:00)

Section 4 Back Rock, Recover, Step, Sweep, Step, ¼ Turn R Sweep, Rock, Recover

1-2 Rock back on L, recover to R
3,4, 5,6 Step L fwd, sweep R from back to front, step down on R, sweep L back to front making
¼ turn R(9:00)
7-8 Step down on L into the rock, recover to R

Tag: Sway R for 1-2, recover to L on 3, bring R to L on 4 - Restart

Intermediate options: to help facilitate the full turn beginning- in the intro catch count 15 do a L rock fwd, 16 recover to R

Section 1: Step, ½ L pirouette on ball of L for 1-2

**** Use counts 15 -16 of intro to help*** count 1 – make a ½ turn L stepping down on L (6:00)**

-keep this step small

**Bring R instep to L ankle as you make ½ turn L on the ball of the L completing the full turn
Step R fwd on count 3 and continue this section as before**

Section 2 NO changes

Section 3 Use counts 1-2 to square to wall not on an angle

**3-4 R swivet – weight on heel of R, ball of L swivel unweighted parts to outside,
Bring feet back to center – change weight to heel of L, ball of R**

**5-6 L swivet – unweighted parts to outside, Bring feet back to center –
change weight to heel of R and ball of L**

**Into Section 4 7-8&1-2-3: ¼ turn R heel grind using ball of L (7), push off R heel stepping L back (8),
step R back to L (&), Step L back (1), bring R to L (2), step L fwd (3)**

Continue With End Of Dance

Have Fun!