

I Got No Regrets

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall High Beginner Level Dance. Choreographed by: Carolyn Jurek (CAN), Rob Fowler (ES) & I.C.E Feb 2022 Choreographed to: No Regrets by Arkells Intro: 32 Counts. Start at approx 16 secs.

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SEC 1 WALK FWD R L R, POINT L, STEP BACK L, R POINT-TOUCH-POINT

- 1-2-3 Walk forward R, L, R
- 4 Point L to left side
- 5 Step back on L
- 6-7-8 Point R to right side, touch R beside L, point R to right side
- **Option** For dancers with good balance Hitch on 7 instead of touch

SEC 2 ¹/₄ RIGHT JAZZ BOX, FEET TOGETHER, SWIVEL HEELS LEFT/CENTRE, STEP L, TOUCH R

- 1 Cross R over L
- 2-3 Begin ¹/₄ turn right stepping L back, complete turn stepping R side (3:00)
- 4 Step L together with R
- 5-6 Swivels heels left, swivel back to centre (weight is right)
- 7-8 Step L to left side, touch R beside L

SEC 3 VINE RIGHT W/ L BRUSH, DIAGONAL L ROCKING CHAIR

- 1-2 Step R to right side, cross L behind R
- 3-4 Step R to right side, brush L across R
- 5-6 Facing diagonal rock L fwd, recover weight R
- 7-8 Rock L back, recover weight R (4:30)

SEC 4 L JAZZ BOX CROSS, STEP L, DRAG R TO L, BACK ROCK R

- 1 Cross L over R
- 2-3-4 Squaring up to 3:00 wall, step R back, step L side, cross R over L
- 5-6 Big step L, drag R in toward L
- 7-8 Rock R back, recover weight L
- **Ending** At the end of Wall 10, facing 6:00, at the very end of the dance after the back rock on count 7, add 3 stomps to match the music, stepping L-R-L on counts &-8-&, making a ½ turn left to face front

