

Old Flame, New Regret



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Absolute Beginner Level Dance.

Choreographed by: Sharon Fromow (CAN) & Paula Jugdev (CAN) Feb 2023

Choreographed to: Old Flame (New Regret) by John Wort Hannam

Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	HEEL STRUT, HEEL STRUT, SIDE ROCK, RECOVER, FORWARD ROCK, RECOVER
1-2	RF stepping forward on heel, drop toe
3-4	LF stepping forward on heel, drop toe
5-6	RF rock out to right side, recover weight on LF
7-8	RF rock forward, recover back on LF
SEC 2	RUMBA BOX FORWARD
1-2	Step RF to R side, step LF next to RF
3-4	Step forward RF, touch LF next to RF
5-6	Step LF to L side, step RF next to LF
7-8	Step back on LF, touch RF next to LF
SEC 3	BACK, TOUCH, FORWARD TOUCH, 1/2 WALK AROUND
1-2	RF Step back, touch LF toe next to RF
3-4	LF Step forward, touch RF toe next to LF
5-6-7-8	Walk around ½ turn right, stepping RF, LF, RF, LF scuff (or hold) (6:00)
SEC 4	1/4 WALK AROUND RIGHT, ROCKING CHAIR
1-2-3-4	Walk around ¼ turn, stepping LF, RF, LF, RF scuff (or hold) (9:00)
5-6	RF Rock forward, LF Recover
7-8	RF rock back, LF recover

