

# No Regrets

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**Count:** 64

**Wall:** 1

**Level:** Low Intermediate

**Choreographer:** Mimí Ortíz, Denisse Delgado & Rubén García (México) May 2019

**Music:** You Played With My Heart by Low Country

## CHASSÉ RIGHT, ROCK RECOVER, CHASSÉ LEFT, ROCK RECOVER

- 1&2** Step right foot to right, Left foot next to right, Step right foot to right
- 3, 4** Rock left foot behind, Recover right foot
- 5&6** Step left foot to left, right foot next to left, Step left foot to left
- 7, 8** Rock right foot behind, Recover left foot

## STEP RF TO RIGHT, BEHIND SIDE CROSS, STEP, ROCK RECOVER, CHASSÉ LEFT

- 1** Step right foot to side
- 2&3** Step left foot behind right, Step right to side, Cross left foot over right
- 4** Step right foot to side
- 5&6** Rock left foot behind right, Recover right foot
- 7&8** Step left foot to left, right foot next to left, Step left foot to left

## ROCK RECOVER, JAZZ BOX ¼ TURN TO RIGHT, CHASSÉ RIGHT, CROSS ROCK, RECOVER

- 1, 2** Rock right foot behind left, Recover left foot
- 3, 4** Cross right foot over left, Recover left foot
- 5&6¼ turn to right stepping right foot, Left foot next to right, Step right foot to right (3:00)**
- 7, 8** Cross left foot over right, Recover right foot

## TRAVELING PIVOT, SHUFFLE FORWARD, ROCK RECOVER, COASTER STEP

- 1, 2** Step left foot to left, ¾ turn to left stepping right foot
- 3&4½ turn to left and Step left foot forward, right foot near to right, Step left foot forward (12:00)**
- 5, 6** Rock right foot forward, Recover left foot
- 7&8** Step right foot behind, left foot next to right, Step right foot forward

**ROCK, RECOVER, ½ TURN TO LEFT AND SHUFFLE FORWARD, TRAVELING PIVOT TO LEFT, STEP RIGHT FORWARD, ½ TURN TO LEFT**

1, 2 Rock left foot forward, Recover right foot

**3&4½ turn to left stepping left foot forward, Step right foot near to left, Step left foot forward**

5, 6 Step right foot forward and turn ½ to left (weight on right), ½ turn to left and step LF forward (weight on left)

**7, 8` Step right foot forward, ½ turn to left**

**STEP LOCK STEP R&L, SCISSORS R&L**

1&2 Step right foot forward, Lock left foot, Step right foot forward (12:00)

3&4 Step left foot forward, Lock right foot, Step left foot forward

5&6 Step right foot to side, Left foot next to right, Cross right foot over left

7&8 Step left foot to side, Right foot next to left, Cross left foot over right

**HEEL INSIDE, HEEL OUTSIDE, COASTER STEP (R&L)**

1, 2 Touch right heel inside, Touch right heel outside

3&4 Step right foot behind, Left foot next to right, Right foot forward

5, 6 Touch left heel inside, Touch left heel outside

7&8 Step left foot behind, right foot next to left, Left foot forward

**ROCK, RECOVER, COASTER STEP (R&L)**

1, 2 Rock right foot forward, Recover left foot

3&4 Step right foot behind, Left foot next to right, Right foot forward

5, 6 Rock left foot forward, Recover right foot

7&8 Step left foot behind, right foot next to left, Left foot forward

**On 1st and 2nd wall instead of last section we add:**

**ROCK, RECOVER, ½ TURN SHUFFLE FORWARD, STOMP LEFT FOOT, HOLD, STEP RIGHT FOOT, ½ TURN TO LEFT AND START AGAIN**

1, 2 Rock right foot forward, Recover left foot

**3&4½ turn Stepping right foot forward, left foot near to right, Step right foot forward (6:00)**

**5, 6** Stomp Left foot to left side, Hold

**7, 8** Step right foot forward, ½ turn to left (12:00)

**Tag: On 5th wall after 4 counts:**

**5, 6** Stomp left foot, Hold

**7, 8 H O L D**

**Start again!**

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