

# Things I Regret

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**Count:** 32

**Wall:** 2

**Level:** Easy Advanced

**Choreographer:** Debbie Rushton (UK), Darren Bailey (UK), Mike Liadouze (FR), Fred Whitehouse (IRE) & Guillaume Richard (FR) - October 2025

**Intro: 16 counts**

**Restart: Wall 3, dance the first 16 and change the last & count collecting RF next to LF squaring up to the front to restart the dance**

**Tag : At the end of wall 1 and 4, add the next 4 counts :**

**1-4** Make  $\frac{1}{4}$  turn L stepping on LF, Rock RF fwd, Recover on LF, Make  $\frac{1}{4}$  R stepping RF to R

**[1 - 8]  $\frac{1}{2}$  Rondé, Rock Fwd, Side Rock, Behind,  $\frac{1}{4}$  turn Step,  $\frac{1}{2}$  Step Pivot, Spiral Full, Curve Running**

**1-2&** Step LF fwd and make  $\frac{1}{2}$  turn L with rondé R leg (1), Step RF fwd (2), Recover on LF (&) 6:00

**3&4** Step RF to R (3), Recover on LF (&), Cross RF behind LF (4) 6:00

**&5-6** Make  $\frac{1}{4}$  turn L stepping LF fwd (&), Step RF fwd (5), Make  $\frac{1}{2}$  turn L keeping weight back on RF (6) 9:00

**7-8&** Make a full spiral turn R stepping on LF (7), Step RF fwd making a curve with  $\frac{1}{8}$  turn R (8), Step LF fwd continuing the curve with  $\frac{1}{8}$  turn R (&) 12:00

**[9 - 16]  $\frac{1}{8}$  turn Step & Sweep, Cross,  $\frac{1}{4}$  turn Back Step,  $\frac{1}{4}$  turn Side Step, Sway x2, Step & Piqué, Cross,  $\frac{1}{4}$  turn Step, Fwd Coaster Step, Back Step**

**1-2&** Make  $\frac{1}{8}$  turn R stepping RF fwd and sweeping LF to the front (1), Cross LF over RF (2), Make  $\frac{1}{4}$  turn RF back (&) 10:30

**3-4&** Make  $\frac{1}{4}$  turn L stepping LF to L (3), Sway to R (4), Sway to L (&) 7:30

**5-6&** Step RF fwd doing a piqué with L knee up (5), Cross LF over RF (6), Make  $\frac{1}{4}$  turn R stepping RF fwd (&) 10:30

**7&8&** Step LF fwd (7), Step RF next to LF (&), Step LF back (8), Step RF back (&) 10:30

**[17 - 24]  $\frac{1}{2}$  turn Rock Step, Back x2, Step Back & Hook, Step, Full Turn & Sweep, 3/8 Jazz Box,  $\frac{1}{8}$  turn Step, Step Fwd**

- 1-2&** Touch L toe back and make ½ turn L as you transfer weight on LF (1), Recover on RF (2), Step LF back (&) 4:30
- 3-4&** Step RF back as you hook LF over R leg (3), Step LF fwd (4), Make ½ turn L stepping RF back (&) 10:30
- 5-6&** Make ½ turn L stepping LF fwd sweeping RF to front (5), Cross RF over LF (6), Make ¼ turn R stepping LF back (&) 7:30
- 7-8&** Make 1/8 turn R stepping RF to R (7), Make 1/8 turn R stepping LF fwd (8), Step RF fwd (&) 10:30

**[25 - 32] 1/8 turn Step, Touch, Unwind, Run x2, Rock Step, Back, ¼ turn Step, Lunge**

- 1-2** Make 1/8 turn L stepping LF to L (1), Touch R toes behind LF (2) 12:00
- 3-4&** Unwind full turn R finishing with R leg over L (3), Step RF fwd (4), Step LF fwd (&) 12:00
- 5-6&** Step RF fwd and raise up on toes (5), Recover on LF (6), Step RF back (&) 12:00
- 7-8** Make ¼ turn L stepping LF to L (7), Lunge RF to R (8) 9:00

**To restart the dance, make an extra ¼ turn L as you recover on LF to restart to 6:00**

**2025**

**2 DEC**

**5**

**23 DEC '25**

**100**