

No Regrets

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Donna Manning – June 2017

Music: What Ifs by Kane Brown and Lauren Alaina

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

Intro: 16 counts - start on hurt...

Sec 1(1-8) 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)

Sec 2 (9-16) ¼ L, Cross, Side, Cross, ¼ R Step, Step, ¼ R, Cross

1,2,3,4¼ 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)

5,6,7,8¼ R stepping R fwd (12:00), step L fwd, ¼ turn R taking weight to R, Cross L over R (3:00)

Sec 3 (17-24) 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)

Sec 4 (25-32) 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

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

Sec 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

Sec 2 NO changes

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

3-4R 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

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

**Into Sec 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!!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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