

NO REGRETS

Choreographed by: Scott Blevins (June 05)

Music: **Outside (The Club) by Adina Howard** (CD: Second Coming)

Descriptions: 32 count - 4 wall - Intermediate level line dance

Count in: 32 counts from start of music, which is 32 counts before vocals begin.

1- 1) Turn body towards 11 o'clock diagonal, stepping forward L; 2&3) Keep body turned towards 11 o'clock diagonal, stepping side R with R, Step L across and in front of R, step side R with R (triple step foot work progresses towards 12 o'clock wall)

4&5 4) Square up to 12 o'clock wall stepping forward on L; &5) Tap R toe next to L foot, Press forward onto ball of R

6-7- 6) Recover weight back onto L; 7) Make 1/2 turn right to face 6 o'clock stepping forward on R; 8) Make 1/2
8& turn right to face 12 o'clock stepping back on L; &) Make 1/4 turn right to face 3 o'clock stepping side R

1- 1) Step L across R; 2) Make 1/4 turn right to face 6 o'clock stepping forward R; &) Step slightly to left on
2&3 ball of L; 3) Step back on R

4&5 4) "Lock" L by stepping onto ball of L across and in front of R foot; &) Step back onto R; 5) "Lock" L by stepping onto ball of L across and in front of R foot

6&7- 6) Make 1/2 turn right to face 12 o'clock stepping forward R; &) Step forward L; 7) Make 1/2 turn right to
8 face 6 o'clock stepping forward R; 8) Step forward on L

&1- &) Making a 1/4 turn left to face 3 o'clock as you bend R knee and bring R foot up to L calf; 1) Step a big
2&3 step side R with R; 2) Rock onto ball of L behind R; &) Recover weight onto R; 3) Make 1/2 turn left to face 9 o'clock stepping forward L

4&5 4) Press ball of R across L; &5) Step small step back on L, Step small side R with R ending with feet slightly apart

6-7- 6) Step L across and in front of R 7) Turn body towards 11 o'clock diagonal, stepping forward R; 8) Rock
8& forward on L towards 11 o'clock diagonal ; &) Recover weight back onto R

1-2-3 1) Step (lock) onto ball of L across and next to R still facing 11 o'clock diagonal; 2) Make 1/4 turn left to face 7 o'clock diagonal stepping back R to create a "spiral" effect; 3) Make 1/4 turn left to face 5 o'clock diagonal stepping forward L

4&5 4) Move towards 5 o'clock diagonal stepping forward R; &) Make a little more than a 1/4 turn left to square up to 12 o'clock wall stepping forward L; 5) Step small step forward R

6-7- 6) Make 1/4 turn right to face 3 o'clock stepping side L; 7) Make 1/2 turn right to face 9 o'clock stepping
8& side R; 8) Rock L behind R; &) Recover weight onto R (this is your new 12 o'clock wall now you will start with count 1 stepping on a diagonal toward 11 o'clock.)

Begin Again

