

ONE REGRET

COUNT: 32 WALL: 2 LEVEL: IMPROVER

Choreographer: Frank Heelan (Ireland) November 2024

Music: The Only Lie I Ever Loved. By Derek Ryan & Olivia Douglas.

Sec 1 Step touch, back kick, back lock back, coaster step, shuffle forward.

1&2& Step forward right, touch left forward, step back left, kick right forward.

3&4 Step back on right, lock left in front of right, step back right.

5&6 Step back on left, right together, step forward left.

7&8 Step forward right, left together, step forward right.

Sec 2 Mambo step, pivot ½ turn, step lock step, step lock step, point.

1&2 Step forward on left, recover to right, step left together.

3-4 Step forward right, pivot ½ turn left. (Weight to left)

5&6 Step forward right, lock left behind, step forward right.

&7& Step forward left, lock right behind, step forward left.

8 Point right to right.

Sec 3 Sailor step, sailor ¼ turn, step ½ turn, shuffle forward.

1&2 Sweep right behind left, step left to left, step right to right.

3&4 Turn ¼ left sweeping left behind right, rock right to right, recover to left.

5-6 Step forward on right, pivot ½ turn left. (Weight to left)

7&8 Step forward right, left together, forward right.

Sec 4 Rock step & rock step, back lock back, sailor ¼ turn

1-2& Rock forward on left, recover to right, step left next to right.

3-4 Rock forward on right, recover to left.

5&6 Step back on right, lock left in front, step back on right.

7&8 Turn ¼ left sweeping left behind, recover to right, step left forward.

Contact: heelanjohnl@gmail.com