

NO REGRETS

Music: I shoulda listened, Billy Dean

Choreographer: Jgor Pasin (Country Lovers)

Level: intermediate-advanced, partner dance (in circle), 56 counts

Preparation to start position: the man's back is in counterclockwise direction, the partner stands in front, a meter and a half away from the other couples, who form a circle; turn 180 ° (so the members of the couple are back to back), both make a step forward (away from their partners and approaching the one of the neighboring pairs).

Section 1. Rock step, shuffle ½ turn, step, step, shuffle ½ turn

	MAN	WOMAN
1	Left forward over the right	Right forward over the left
Surround with left arm the belly of the partner of the next couple, who will be on the left side		
2	Return with weight on the right	Return with weight on the left
The arms separate		
3&4	Shuffle ½ turn towards left with left, right, left	Shuffle ½ turn towards right with right, left, right
At the end of the shuffle the partner will be on the right side, both man and woman will have to surround their partner's belly with the right arm		
5,6	Step right forward 1/8 turn right, step left forward 1/8 turn to right	Step left forward 1/8 turn to right, step right forward 1/8 turn to right
7&8	Shuffle ½ turn to right with right, left, right	Shuffle ½ turn to right with left, right, left

Section 2. Step, step, shuffle, step, cross, shuffle

1	Step left to right crossed over the right	Step right forward making ¼ turn to right
Man's right arm separates and lowers, woman's right arm begins to slide along the side		
2	Step right forward	Step left forward ¼ turn to right
Man's left hand takes woman's right hand		
3&4	Shuffle on place	Shuffle ½ turn to left moving in front of the man
The woman turns passing under the man's right hand and woman's left (at the end of the shuffle the man's back is towards the center of the circle and the woman stands in front of the man)		
5	Step right to right	Step left to left
The man's left hand takes woman's left		
6	Step left to right over the right	Step right to left over the left
	Side shuffle to right with right, left, right	Side shuffle with left, right, left

Section 3. Cross, step, vaudeville

1,2	Step left to right crossed over the right, step right to right	Step right to left crossed over the left, step left to left
3	Left heel diagonally forward to left	Right heel diagonally forward to right
&4	Left back, right to right over the left	Right back, left to left over the right
&5	Left to left, right heel diagonally forward to right	Right to right, left heel diagonally forward to left
&6	Right back, left to left over the right	Left back, right to right over the left
&7	Right to right, left heel diagonally forward to left	Left to left, right heel diagonally forward to right
&	¼ turn to left bringing the left back	¼ turn to right bringing the right back
Hands part, then man's left hand joins woman's right hand		

8	Step right forward	Step left forward
Man's right hand passes over the woman's shoulder, woman's right hand joins man's right hand		

Section 4. Step, step, shuffle, step step shuffle

1,2	Step left forward, step right forward	Step right forward, step left forward
3&4	Shuffle forward, left, right, left	Shuffle forward right, left, right
5,6	Step right forward, step left forward	Step left forward, step right forward
7&8	Shuffle forward, right, left, right	Shuffle forward left, right, left

Section 5. Step, down, shuffle, step, step, shuffle turn

1	Step left forward	Step right forward
Bring man's right hand (holding the woman's left) in front of the woman's breast with hands over woman's head		
2	Bend left knee, supporting right knee on the floor	Step left forward 1/4 turn to left
3&4	Staying on place, accompany the woman with the hands	Shuffle right, left, right 1/2 turn to left (the man is on the left side)
5,6	Staying on place, accompany the woman with the hands	Step left forward 1/8 turn to left, step right forward 1/8 turn left
Hands separate (first left, then right), man's left hand takes the woman's right		
7&8	Accompany the woman while turning with left hand, starting to raise slowly	Shuffle 1/4 turn to left with left, right, left going in front of the man

Section 6. Up, stomp, shuffle, step, step, coaster step

1,2	Raise up bringing the weight on left foot, stomp right	3/4 turn to left moving right first, then left
Accompany the woman's turn with left hand passing over woman's head, while the right hand of the man slides along woman's left arm stopping under her knee (Texas two step start position)		
3&4	Shuffle avanti sx, dx, sx	Shuffle back, right, left, right
5,6	Passo dx avanti, passo sx avanti	Step left back, step right back
7&8	Dx indietro, sx in centro, dx avanti	Left back, right on place, left forward
Also man's right hand takes woman's left hand		

Section 7. Step step shuffle, step step shuffle

1,2	Step left diagonally forward to left, step right forward	Step right diagonally forward to right, step left forward
Left hands of both dancers go behind the partner's head without parting		
3&4	Shuffle 1/2 turn to right with left, right, left (the partner is on the right)	Shuffle 1/2 turn to right with right, left, right (the partner is on the right side)
5,6	Step right forward 1/8 turn to right, step left forward 1/8 turn to right (the woman stays on the right side)	Step left forward 1/8 turn to right, step right forward 1/8 turn to right (the man stays on the right side)
During the turn hands separate while walking off sliding with right hand (both for man and woman) along the right hand of the partner		
7&8	Shuffle forward right, left, right (moving towards the woman of the next couple)	Shuffle forward, left, right, left (moving towards the man of the next couple)
At the beginning of the shuffle hands separate preparing to repeat the dance from the start		