

No Regrets

Choreographed by Scott Blevins (June 2005)

32 Count 4 Wall Intermediate line dance

Choreographed to "Outside" by Adina Howard

Album: "Second Coming"

32 count intro from start of music



1-8

- 1-2&3 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; &) Tap R toe next to L foot; 5) Press forward onto ball of R
- 6-7-8& 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 turn right to face 12 o'clock stepping back on L; &) Make 1/4 turn right to face 3 o'clock stepping side R

9-16

- 1-2&3 1) Step L across R; 2) Make 1/4 turn right to face 6 o'clock stepping forward R; &) Step slightly to left on 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&7-8 6) Make 1/2 turn right to face 12 o'clock stepping forward R; &) Step forward L;
7) Make 1/2 turn right to face 6 o'clock stepping forward R; 8) Step forward on L

17-24

- &1-2&3 &) 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 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; &) Take small step back on L; 5) Take small step side R with R ending with feet slightly apart
- 6-7-8& 6) Step L across and in front of R 7) Turn body towards 11 o'clock diagonal, stepping forward R;
8) Rock forward on L towards 11 o'clock diagonal; &) Recover weight back onto R

25-32

- 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
- 6-7-8& 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 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.)