

NO REMORSE

Intermédiaire – 64 comptes – 2 murs

Chorégraphe : : Simon Ward (AUS) & Niels Poulsen (DK)

Musique : Not Your Man - Teddy Swims

Style : Novelty

Source : Copperknob -

Intro : 32 comptes

Restart: On wall 5 (starting at 12:00), after 32 counts, facing 6:00

R CROSS ROCK FWD, SWEEP, BEHIND SIDE CROSS 1/8 L, L ROCK INTO L DIAG, BEHIND TURN STEP

- 1-2 Cross rock R slightly over L (1), recover back on L sweeping R to R side (2) 12:00
 3&4 Cross R behind L (3), step L to L side (&), cross R over L turning 1/8 L (4) 10:30
 5-6 Rock L fwd (5), recover back on R (6) 10:30
 7&8 Cross L behind R (7), turn 3/8 R stepping R fwd (&), step L fwd (8) 3:00

STEP 1/2 L, FULL TURN L, BOUNCE 1/2 L, L COASTER STEP

- 1-2 Step R fwd (1), turn 1/2 L stepping onto L (2) 9:00
 3-4 Turn 1/2 L stepping back on R (3), turn 1/2 L stepping fwd on L (4) 9:00
 5&6 Step R fwd (5), turn 1/4 L lifting heels off the floor (&), turn 1/4 L stepping heels down (6) 3:00
 7&8 Step back on L (7), step R next to L (&), step fwd on L (8) 3:00

WALK RL, 1/4 L JUMPING RL TOGETHER, KNEE POP, R SHUFFLE FWD, STEP 1/2 R

- 1-2 Walk R fwd (1), walk L fwd (2) 3:00
 &3&4 Turn 1/4 L jumping R a small jump to R side (&), step L next to R (3), pop both knees fwd (&), step down of both feet again (4)
 Note: change weight to L 12:00
 5&6 Step R fwd (5), step L behind R (&), step R fwd (6) 12:00
 7-8 Step L fwd (7), turn 1/2 R changing weight to R (8) 6:00

SHUFFLE L FWD, ROCK R FWD, BIG STEP BACK R, SLIDE L, BALL STEP LR FWD, WALK L FWD

- 1&2 Step L fwd (1), step R behind L (&), step L fwd (2) 6:00
 3-4 Rock R fwd (3), recover back on L (4) 6:00
 5-6 Step a big step back on R (5), drag L towards R (6) ... Styling: open body to R diagonal 6:00
 &7-8 Step L next to R (&), step R fwd (7), walk L fwd (8) ... Restart here on wall 5, facing 6:00 6:00

R TOUCH & HEEL X 2, R FWD, 1/8 R FLICK L, L SHUFFLE FWD

- 1&2& Touch R toes next to L (1), step back on R (&), touch L heel fwd (2), step down on L (&) 6:00
 3&4& Touch R toes next to L (3), step back on R (&), touch L heel fwd (4), step down on L (&) 6:00
 5-6 Step R fwd (5), turn 1/8 R on R flicking L foot back (6) 7:30
 7&8 Step L fwd (7), step R behind L (&), step L fwd (8) 7:30

R ROCK FWD, SWEEP, BEHIND SIDE CROSS, LUNGE L, 1/4 R FWD, FULL TURN R FWD

- 1-2 Rock R fwd (1), recover back on L sweeping R to R side (2) 7:30
 3&4 Cross R behind L (3), step L to L side (&), cross R over L (4) 7:30
 5-6 Lunge L to L side (5), recover onto R turning 1/4 R (6) 10:30
 7-8 Turn 1/2 R stepping back on L (7), turn 1/2 R stepping fwd on R (8) 10:30

ROCK L FWD, BALL ROCK R FWD, SHUFFLE 1/2 R, STEP 1/2 R

- 1-2& Rock L fwd (1), recover back on R (2), step L next to R (&) 10:30
 3-4 Rock R fwd (3), recover back on L (4) 10:30
 5&6 Turn 1/4 R stepping R to R side (5), step L next to R (&), turn 1/4 R stepping R fwd (6) 4:30
 7-8 Step L fwd (7), turn 1/2 R stepping onto R (8) 10:30

CROSS, 3/8 L BACK R, L SHUFFLE BACK, R BACK ROCK, L FULL TURN FWD

- 1-2 Cross L over R (1), turn 3/8 L stepping back on R (2) 6:00
 3&4 Step back on L (3), step R next to L (&) step back on L (4) 6:00
 5-6 Rock back on R (5), recover on L (6) 6:00
 7-8 Turn 1/2 L stepping back on R (7), turn 1/2 L stepping fwd on L sweeping R fwd (8) 6:00

Ending: Finish last wall (wall 6) facing 12:00 doing count 1 for a big finish! 12:00

Et on recommence avec le sourire