拍数： 64
壇数： 4
级数：Phrased Intermediate
编舞者：Maggie Gallagher（UK）－March 2023
音乐：Regrets－Flynn ：（Amazon \＆iTunes）

Intro：Start after the words＂Suddenly You＇ve Got＂（10 secs）
Sequence：A，A，B，A，A，A，B，A，A，B（20 counts），A
Part A－ 32 counts
A1：RIGHT， $1 / 2$ DOROTHY，HEEL，HOLD，\＆WALK， $1 / 2,1 / 4$, POINT
1－2\＆Step forward on right， $1 / 2$ left locking left behind right，Step slightly back on right［6：00］
3－4\＆$\quad$ Touch left heel forward，HOLD，Step left next to right
5－6 Walk forward on right， $1 / 2$ right stepping back on left［12：00］
7－8 $\quad 1 / 4$ right stepping right next to left，Point left to left side［3：00］
A2：KICK \＆，FUNKY DIP WALKS x2，TOUCH，\＆TOUCH，HOLD，\＆TOUCH，HOLD
1\＆2 Kick left slightly across right，Step left next to right，Walk forward on right bending knees
3－4 Walk forward on left bending knees，Touch right next to left
\＆5－6 Jump slightly back on right on left diagonal，Touch left next to right，HOLD
\＆7－8 Jump slightly back on left on right diagonal，Touch right next to left，HOLD
A3：OUT OUT，WALK， $1 / 4$ FLICK，CROSS， $1 / 4,1 / 2$ ，R DOROTHY
\＆1－2 Small jump on right to right side，Small jump on left to left side，Walk forward on right
3－4 Keeping weight on right turn $1 / 4$ right flicking left back，Cross left over right［6：00］
5－6 $\quad 1 / 4$ left stepping back on right， $1 / 2$ left stepping forward on left［9：00］
7－8\＆Step right forward on right diagonal，Lock left behind right，Step forward on right［10：30］
A4：¼ WALK，HOLD，\＆WALK，RONDE HITCH，CROSS，BACK， $1 ⁄ 2$ ，WALK
1－2\＆$\quad 1 / 4$ left walking forward on left，HOLD，Step right next to left［7：30］
3－4 Walk forward on left，Ronde hitch right knee slightly across left
5－6 Cross right over left，Step back on left straightening to［9：00］
7－8 $\quad 1 / 2$ right stepping forward on right，Walk forward on left［3：00］
Part B－ 32 counts．Script describes Part B as first danced facing［6：00］
B1：SIDE，POINT，SIDE，POINT，STEP，LOCK／DIP，STEP， $1 / 4$ FLICK

| 1－2 | Step right to right side rolling hips and bending knees slightly，Point left forward angling body <br> to［4：30］ |
| :--- | :--- |
| $3-4$ | Step left to left side rolling hips and bending knees slightly，Point right forward angling body <br> to［7：30］ |
| $5-6$ | Step forward on right to［7：30］，Lock left behind right bending knees <br> $7-8$ |
| Step forward on right，Keeping weight on right turn $1 / 4$ left flicking left back［4：30］ |  |

B2：STEP，LOCKIDIP，STEP，FLICK，SLIDE，DRAG， $1 / 8$ SLIDE，DRAG
1－2 Step forward on left to［4：30］，Lock right behind left bending knees
3－4 Step forward on left，Flick right back
5－6 Slide back on right，Drag left to meet right［4：30］
7－8 $\quad 1 / 8$ right sliding back on left，Drag right to meet left［6：00］
B3：SIDE，POINT，SIDE，POINT，STEP，LOCK／DIP，STEP， $1 / 4$ FLICK
1－2 Step right to right side rolling hips and bending knees slightly，Point left forward angling body to［4：30］
3－4 Step left to left side rolling hips and bending knees slightly，Point right forward angling body to［7：30］
*Restart here during the third repetition of Part B
5-6 Step forward on right to [7:30], Lock left behind right bending knees
7-8 Step forward on right, Keeping weight on right turn $1 / 4$ left flicking left back [4:30]
B4: STEP, LOCK/DIP, STEP, FLICK, 5/8 LEFT TURN WALKING R-L-R-L
1-2 Step forward on left to [4:30], Lock right behind left bending knees
3-4 Step forward on left, Flick right back
5-6-7-8 $\quad 5 / 8$ left walking right, left, right, left in a circle [9:00]
RESTART: This occurs during the third repetition of Part B, which starts facing [3:00]
Dance 20 counts of Part B, then restart the dance with Part A, facing [3:00]
ENDING: Dance 30 counts of the last repetition of Part A. Step right to right side on count 31, then step forward on left to finish facing [12:00]

Thank you to Margaret Hains for suggesting this track
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