

# One Regret

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Frank Heelan (IRE) - November 2024  
音樂: The Only Lie I Ever Loved (feat. Olivia Douglas) - Derek Ryan



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## 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.

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