

NO REMORSE

Count: 64. Wall: 2. Level: Intermediate

Choreographer: Simon Ward (AUS) & Niels Poulsen (DNK) - March 2025

Music: Not Your Man by Teddy Swims. Album: I've Tried Everything But Therapy (Part 2)

INTRO: 32 count from first clear beat in music. Weight on L. One Restart.

CROSS, ROCK/SWEEP, BEHIND-SIDE-CROSS 1/8 LEFT, FORWARD, ROCK, BEHIND-3/8 RIGHT-FORWARD

- 1,2 Cross Rock R over L, Recover onto L sweeping R to right
3&4 Step R behind L, Step L to left, Cross R over L turning $\frac{1}{8}$ left [10:30]
5,6 Rock L forward, Recover onto R
7&8 Step L behind R, Turn $\frac{3}{8}$ right step R forward, Step L forward [3:00]

STEP, PIVOT 1/2 LEFT, 1/2 LEFT, 1/2 LEFT, BOUNCE 1/2 LEFT, COASTER BACK

- 1,2 Step R forward, Pivot $\frac{1}{2}$ left [9:00]
3,4 Turn $\frac{1}{2}$ left step R back, Turn $\frac{1}{2}$ left step L forward
5&6 Step R forward, Turn $\frac{1}{4}$ left lift heels up, Turn $\frac{1}{4}$ left drop heels down (**weight on R**) [3:00]
7&8 Step L back, Step R beside L, Step L forward

WALK, WALK, JUMP 1/4 LEFT, STEP L BESIDE R, KNEE POP, SHUFFLE, STEP, PIVOT 1/2 RIGHT

- 1,2 Step R forward, Step L forward
&3 Turn $\frac{1}{4}$ left jump R small jump to right, Step L beside R
&4 Pop knees forward, Drop heels down (**weight on L**) 12:00
5&6 Step R forward, Step L beside R, Step R forward
7,8 Step L forward, Pivot $\frac{1}{2}$ right [6:00]

SHUFFLE, FORWARD, ROCK, BIG STEP BACK, SLIDE-&-WALK, WALK

- 1&2 Step L forward, Step R beside L, Step L forward
3,4 Rock R forward, Recover onto L
5,6 Big step R back, Drag L towards R (**open body to 45° right**)[6:00]
&7,8 Step L beside R, Step R forward, Step L forward

RESTART: Wall 5

TOUCH-&-HEEL-&-TOUCH-&-HEEL-&-STEP, TURN 1/8 RIGHT/FLICK, SHUFFLE

- 1&2& Touch R toes beside L, Step R back, Touch L heel forward, Step L beside R
3&4& Touch R toes beside L, Step R back, Touch L heel forward, Step L beside R
5,6 Step R forward, Pivot $\frac{1}{8}$ right flicking L back [7:30]
7&8 Step L forward, Step R behind L, Step L forward

FORWARD, ROCK/SWEEP, BEHIND-SIDE-CROSS, LUNGE LEFT, RECOVER 1/4 RIGHT, 1/2 RIGHT, 1/2 RIGHT

- 1,2 Rock R forward, Recover onto L sweeping R to right
3&4 Step R behind L, Step L to left, Cross R over L
5,6 Lunge L to left, Recover $\frac{1}{4}$ right onto R [10:30]
7,8 Turn $\frac{1}{2}$ right step L back, Turn $\frac{1}{2}$ right step R forward

FORWARD, ROCK-&-FORWARD, ROCK, SHUFFLE 1/2 RIGHT, STEP, PIVOT 1/2 RIGHT

- 1,2& Rock L forward, Recover onto R, Step L beside R
3,4 Rock R forward, Recover onto L [10:30]
5&6 Turn $\frac{1}{4}$ right step R to right, Step L beside R, Turn $\frac{1}{4}$ right step R forward [4:30]
7,8 Step L forward, Pivot $\frac{1}{2}$ right [10:30]

CONTINUED OVER

CROSS, BACK 3/8 LEFT, SHUFFLE BACK, BACK, ROCK, 1/2 LEFT, 1/2 LEFT

1,2 Cross L over R, Turn 3/8 left step R back **[6:00]**

3&4 Step L back, Step R beside L, Step L back

5,6 Rock R back, Recover onto L

7,8 Turn 1/2 left step R back, Turn 1/2 left step L forward sweeping R forward **[6:00]**

64 REPEAT

RESTART: During Wall 5 (starting at 12:00), dance to count 32 and Restart facing 6:00.

ENDING: Finish wall 6 facing 12:00 doing count 1 for a big finish!