

# No Remorse

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Type of dance: 64 counts, 2 walls, Intermediate.

Music: **Not your man** by Teddy Swims. 110 bpm. Track length: 3:37. Buy on iTunes etc

Intro: 32 counts from first clear beat in music. App. 19 secs. into track. Start with weight on L foot

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

| Counts         | Footwork  | End facing |
|----------------|---|------------|
| <b>1 – 8</b>   | <b>R cross rock fwd, sweep, behind side cross 1/8 L, L rock into L diag, behind turn step</b>   |            |
| 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       |
| <b>9 – 16</b>  | <b>Step ½ L, full turn L, bounce ½ L, L coaster step</b>  |            |
| 1 – 2          | Step R fwd (1), turn ½ L stepping onto L (2)  | 9:00       |
| 3 – 4          | Turn ½ L stepping back on R (3), turn ½ L stepping fwd on L (4)   | 9:00       |
| 5&6            | Step R fwd (5), turn ¼ L lifting heels off the floor (&), turn ¼ 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       |
| <b>17 – 24</b> | <b>Walk RL, ¼ L jumping RL together, knee pop, R shuffle fwd, step ½ R</b>  |            |
| 1 – 2          | Walk R fwd (1), walk L fwd (2)  | 3:00       |
| &3&4           | Turn ¼ 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) ... <i>Note: change weight to L</i> | 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 ½ R changing weight to R (8)   | 6:00       |
| <b>25 – 32</b> | <b>Shuffle L fwd, rock R fwd, big step back R, slide L, ball step LR fwd, walk L fwd</b>  |            |
| 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) ... <i>Styling: open body to R diagonal</i>   | 6:00       |
| &7 – 8         | Step L next to R (&), step R fwd (7), walk L fwd (8) ... <b>Restart here on wall 5, facing 6:00</b>   | 6:00       |
| <b>33 – 40</b> | <b>R touch &amp; heel X 2, R fwd, 1/8 R flick L, L shuffle fwd</b>  |            |
| 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       |
| <b>41 – 48</b> | <b>R rock fwd, sweep, behind side cross, lunge L, ¼ R fwd, full turn R fwd</b>  |            |
| 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 ¼ R (6)   | 10:30      |
| 7 – 8          | Turn ½ R stepping back on L (7), turn ½ R stepping fwd on R (8)   | 10:30      |
| <b>49 – 56</b> | <b>Rock L fwd, ball rock R fwd, shuffle ½ R, step ½ R</b>   |            |
| 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 ¼ R stepping R to R side (5), step L next to R (&), turn ¼ R stepping R fwd (6)  | 4:30       |
| 7 – 8          | Step L fwd (7), turn ½ R stepping onto R (8)  | 10:30      |
| <b>57 – 64</b> | <b>Cross, 3/8 L back R, L shuffle back, R back rock, L full turn fwd</b>  |            |
| 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 ½ L stepping back on R (7), turn ½ L stepping fwd on L sweeping R fwd (8)  | 6:00       |
|                | <b>Start Again!</b>   |            |
| <b>Ending</b>  | Finish last wall (wall 6) facing 12:00 doing count 1 for a big finish! 😊  | 12:00      |