Things I Regret

Count: 32 **Wall:** 2 **Level:** Easy Advanced

Choreographer: Debbie Rushton (UK), Darren Bailey (UK), Mike Liadouze (FR), Fred Whitehouse (IRE) & Guillaume Richard (FR) - October 2025

Music: All the Things I Regret - Oryn Etheria

Intro: 16 counts
Restart: Wall 3, dance the first 16 and change the last & count collecting RF next to LF squaring up to the front to restart the dance

Tag : At the end of wall 1 and 4, add the next 4 counts :

1-4	Make ¼ turn L stepping on LF, Rock RF fwd, Recover on LF, Make ¼ R stepping RF to R

[1 – 8] ½ Rondé, Rock Fwd, Side Rock, Behind, ¼ turn Step, ½ Step Pivot, Spiral Full, Curve Running

1-2&	Step LF fwd and make ½ turn L with rondé R leg (1), Step RF fwd (2), Recover on LF (&) 6:00
3&4	Step RF to R (3), Recover on LF (&), Cross RF behind LF (4) 6:00
&5-6	Make ¼ turn L stepping LF fwd (&), Step RF fwd (5), Make ½ turn L keeping weight back on RF (6) 9:00
7-8&	Make a full spiral turn R stepping on LF (7), Step RF fwd making a curve with 1/8 turn R (8), Step LF fwd continuing the curve with 1/8 turn R (&) 12:00

[9 – 16] 1/8 turn Step & Sweep, Cross, ¼ turn Back Step, ¼ turn Side Step, Sway x2, Step & Piqué, Cross, ¼ turn Step, Fwd Coaster Step, Back Step

1-2&	Make 1/8 turn R stepping RF fwd and sweeping LF to the front (1), Cross LF over RF (2), Make ¼ turn RF back (&) 10:30
3-4&	Make ¼ turn L stepping LF to L (3), Sway to R (4), Sway to L (&) 7:30
5-6&	Step RF fwd doing a piqué with L knee up (5), Cross LF over RF (6), Make ¼ turn R stepping RF fwd (&) 10:30
7&8&	Step LF fwd (7), Step RF next to LF (&), Step LF back (8), Step RF back (&) 10:30

[17 – 24] ½ turn Rock Step, Back x2, Step Back & Hook, Step, Full Turn & Sweep, 3/8 Jazz Box, 1/8 turn Step, Step Fwd

1-2&	Touch L toe back and make ½ turn L as you transfer weight on LF (1), Recover on RF (2), Step LF back (&) 4:30
3-4&	Step RF back as you hook LF over R leg (3), Step LF fwd (4), Make ½ turn L stepping RF back (&) 10:30
5-6&	Make ½ turn L stepping LF fwd sweeping RF to front (5), Cross RF over LF (6), Make ¼ turn R stepping LF back (&) 7:30
7-8&	Make 1/8 turn R stepping RF to R (7), Make 1/8 turn R stepping LF fwd (8), Step RF fwd (&) 10:30

[25 – 32] 1/8 turn Step, Touch, Unwind, Run x2, Rock Step, Back, ¼ turn Step, Lunge

1-2	Make 1/8 turn L stepping LF to L (1), Touch R toes behind LF (2) 12:00
3-4&	Unwind full turn R finishing with R leg over L (3), Step RF fwd (4), Step LF fwd (&) 12:00
5-6&	Step RF fwd and raise up on toes (5), Recover on LF (6), Step RF back (&) 12:00
7-8	Make ¼ turn L stepping LF to L (7), Lunge RF to R (8) 9:00

To restart the dance, make an extra ¼ turn L as you recover on LF to restart to 6:00