No Remorse

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Simon Ward (AUS) & Niels Poulsen (DK) - March 2025
Music: Not Your Man - Teddy Swims

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

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

Sec 1	**R cross rock fwd, sweep, behind side cross 1/8 L, L rock into L diag, behind turn step**
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
Sec 2	**Step ½ L, full turn L, bounce ½ L, L coaster step**
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
Sec 3	**Walk RL, ¼ L jumping RL together, knee pop, R shuffle fwd, step ½ R**
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)
	… Note: change weight to L 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
Sec 4	**Shuffle L fwd, rock R fwd, big step back R, slide L, ball step LR fwd, walk L fwd**
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) … Styling: open body to R diagonal 6:00
&7 – 8	Step L next to R (&), step R fwd (7), walk L fwd (8) … Restart here on wall 5, facing 6:00 6:00
Sec 5	**R touch & heel X 2, R fwd, 1/8 R flick L, L shuffle fwd**
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
Sec 6	**R rock fwd, sweep, behind side cross, lunge L, ¼ R fwd, full turn R fwd**
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
Sec 7	**Rock L fwd, ball rock R fwd, shuffle ½ R, step ½ R**
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

[57 – 64]	**Cross, 3/8 L back R, L shuffle back, R back rock, L full turn fwd**
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

Ending: **Finish last wall (wall 6) facing 12:00 doing count 1 for a big finish! 12:00**