

Bossa Nova Nights

32 count, 4 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs, 2006

Choreographed to: No Regrets by Girls Aloud (start on vocals) from the CD 'Chemistry'

Non-phrased, turns CW, 2 rotations (8 walls) ending facing front wall

1-8 2 step vine R, ¼ R rondé, cross R over L, step R fwd, ½ pivot R, step L fwd

1-2 Step right to right, cross step left behind right

3-4 ¼ right rondé (bringing right foot from front to back), cross right in front of left (to finish in a figure of 4)

5-6 Step right forward, step left forward

7-8 ½ pivot turn right (weight on right foot), step left forward

9-16 Rocking chair (use hip motion), step R, touch L to R, ¾ turn L

1-4 Rock right forward, recover weight on left, rock right back, recover weight on left (Rocking chair)

5-6 Step right to right side (sway right to side), touch left toe to right instep

7-8 Turning ¼ left step left forward, turning ½ left step right back (Easier option step left to left side, step right next to left)

17-24 ¾ turn L, step L side L, cross R over L, step L side L, R back rock & recover, R fwd

1-2 Turning ½ left step left forward, turning ¼ left step right to right side

(Easier option turning ¼ left step left forward, turn ¼ left step right to right side)

3-4 Step left to left side, cross step right over left

5-6 Step left to side, rock back on right

7-8 Recover weight on left, step right forward

25-32 ¼ R pivot, cross L over R, ¼ L rondé, cross R over L, step L back, R to R side, cross L over R

1-2 Step left forward, ¼ right pivot

3-4 Cross step left over right, ¼ left turning rondé (bringing right foot from back to front)

5-6 Cross step right over left, step left back on left diagonal

7-8 Step right to side, cross step left over right