

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

[1 – 8] 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

[9 – 16] Step 1/2 L, full turn L, bounce 1/2 L, L coaster step

- 1 – 2 Step R fwd (1), turn 1/2 L stepping onto L (2) 9:00
3 – 4 Turn 1/2 L stepping back on R (3), turn 1/2 L stepping fwd on L (4) 9:00
5&6 Step R fwd (5), turn 1/4 L lifting heels off the floor (&), turn 1/4 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

[17 – 24] Walk RL, 1/4 L jumping RL together, knee pop, R shuffle fwd, step 1/2 R

- 1 – 2 Walk R fwd (1), walk L fwd (2) 3:00
&3&4 Turn 1/4 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 1/2 R changing weight to R (8) 6:00

[25 – 32] 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

[33 – 40] 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

[41 – 48] R rock fwd, sweep, behind side cross, lunge L, 1/4 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 1/4 R (6) 10:30
7 – 8 Turn 1/2 R stepping back on L (7), turn 1/2 R stepping fwd on R (8) 10:30

[49 – 56] Rock L fwd, ball rock R fwd, shuffle 1/2 R, step 1/2 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 1/4 R stepping R to R side (5), step L next to R (&), turn 1/4 R stepping R fwd (6) 4:30
7 – 8 Step L fwd (7), turn 1/2 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

Start Again!

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