



Dance: **No Remorse**  
 Type: 64 Count, 2 Wall, Intermediate  
 Choreographer: Simon Ward (AUS) & Niels Poulsen (DK), March 2025  
 Choreographed to: Not Your Man by Teddy Swims (111 bpm, 3:34 min)

Intro: Start after count 32

<b>Section 1</b>	<b>Cross Rock, Weave Left, Forward Rock, Behind, 3/8 Turn, Step</b>	
1,2	Cross rock right over left. Recover on left sweeping right	Cross rock
3&4	Cross right behind left. Step left to left side. Turn 1/8 left crossing right over left (10:30)	Behind, side, cross
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Cross left behind right. Turn 3/8 right stepping right forward (3:00). Step left forward	Behind, turn, step
<b>Section 2</b>	<b>Step Pivot 1/2, Full Turn, Step, Heel 1/2 Bounce, Coaster Step</b>	
1,2	Step right forward. Pivot 1/2 turn left (9:00)	Step, pivot
3,4	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward	Full turn
	<i>Non-turning steps 3-4: Walk x 2</i>	
3,4	<i>Walk forward stepping right, left</i>	<i>Walk, walk</i>
5&6	Step right forward. Turn 1/4 left lifting heels (6:00). Turn 1/4 left lowering heels (3:00)	Step, heel bounce
	<i>Non-turning steps 1-6: Forward Rock, Walk Back x 2, Back, Heel Bounce</i>	
1-4	<i>Rock forward on right. Recover on left. Walk back stepping right, left</i>	<i>Forward rock, back, back</i>
5&6	<i>Step right back. Lift heels. Lower heels</i>	<i>Back, heel bounce</i>
7&8	Step left back. Step right beside left. Step left forward	Coaster step
<b>Section 3</b>	<b>Walk x 2, 1/4 Jazz Jump, Knee Pop, Right Shuffle, Step Pivot 1/2</b>	
1,2	Walk forward stepping right, left	Walk, walk
&3	Turn 1/4 left jumping right to right side (12:00). Step left beside right	Jazz jump
&4,5&6	Bend both knees. Straighten knees. Step right forward. Step left beside right. Step right forward	Knee, pop, right shuffle
7,8	Step left forward. Pivot 1/2 turn right (6:00)	Step, pivot
<b>Section 4</b>	<b>Left Shuffle, Forward Rock, Back, Drag, Close, Walk x 2</b>	
1&2,3,4	Step left forward. Step right beside left. Step left forward. Rock forward on right. Recover on left	Left shuffle, forward rock
5,6	Step right large step back. Drag left towards right	Back, drag
&7,8*	Step left beside right. Walk forward stepping right, left	&, walk, walk
<b>Section 5</b>	<b>Toe Heel Switch x 4, Step, Flick, Left Shuffle</b>	
1&2&	Touch right beside left. Step right back. Touch left heel forward. Step left in place	Toe, &, heel, &
3&4&	Touch right beside left. Step right back. Touch left heel forward. Step left in place	Toe, &, heel, &
5,6	Step right forward. Flick left back making 1/8 turn right (7:30)	Step, flick
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
<b>Section 6</b>	<b>Forward Rock, Weave Left, Lunge 1/4, Full Turn</b>	
1,2	Rock forward on right. Recover on left and sweep right	Forward rock
3&4	Cross right behind left. Step left to left side. Cross right over left	Behind, side, cross
5,6	Lunge to side on left. Turn 1/4 right recovering on right (10:30)	Lunge, turn
7,8	Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward	Full turn
	<i>Non-turning steps 7-8: Walk x 2</i>	
7,8	<i>Walk forward stepping left, right</i>	<i>Walk, walk</i>
<b>Section 7</b>	<b>Forward Rock Switch x 2, 1/2 Shuffle, Step Pivot 1/2</b>	
1,2&	Rock forward on left. Recover on right. Step left beside right	Forward rock, &
3,4	Rock forward on right. Recover on left	Forward rock
5&6	Turn 1/4 right stepping right to right side. Step left beside right. Step right 1/4 turn right (4:30)	Half shuffle
7,8	Step left forward. Pivot 1/2 turn right (10:30)	Step, pivot
	<i>Non-turning steps 5-8: Back Shuffle, Back Rock</i>	
5&6,7,8	<i>Step right back. Step left beside right. Step right back. Rock back on left. Recover on right</i>	<i>Back shuffle, back rock</i>
<b>Section 8</b>	<b>Cross, 3/8 Turn, Back Shuffle, Back Rock, Full Turn</b>	
1,2	Cross left over right. Turn 3/8 left stepping right back (6:00)	Cross, turn
3&4,5,6	Step left back. Step right beside left. Step left back. Rock back on right. Recover on left	Back shuffle, back rock
7,8	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward	Full turn
	<i>Non-turning steps 7-8: Walk x 2</i>	
7,8	<i>Walk forward stepping right, left</i>	<i>Walk, walk</i>
<b>Restart</b>	<b>* Wall 5 (12:00) after 32 Counts (restart facing 6:00)</b>	