

# Regulator

Choreographed by: *Benny Ray (Denmark)*

Description: *32 counts, 4 wall, novice line dance (west coast rhythm)*

Music: *"Regulate" by Warren G*

## **PRESS STEP, ANCHOR STEP, ROCK BACK, SHUFFLE FORWARD**

- 1-2 Press right foot forward, recover weight on left
- 3 & 4 Rock back on right, recover on left, step back on right (closed 3<sup>rd</sup> position)
- 5-6 Rock back on left, recover weight on right
- 7 & 8 Step forward left, close right next to left, step forward left

## **WALK R-L, BALL CROSS, CROSS, SIDE, BEHIND, SIDE, CROSS, ½ UNWIND WITH SWEEP**

- 9-10 Walk forward right, walk forward left
- & 11-12 Step right foot slightly to the right, cross left over right, cross right over left
- 13-14 Step side left, cross right behind
- & 15-16 Step side left, cross right over left, make ½ unwind left sweeping left foot around

## **2 X SAILOR STEP, 2 X CROSS POINT**

- 17 & 18 Cross left behind right, step right to side, step left to side
- 19 & 20 Cross right behind left, step left to side, step right to side
- 21-22 Cross left over right, point right to side
- 23-24 Cross right over left, point left to side

## **PRESS STEP, ¼ SAILOR TURN, 4 X SKATES**

- 25-26 Press left foot forward, recover on right
- 27 & 28 Make ¼ turn left as you cross left behind right, step right to side, step left to side
- 29-30 Skate forward on right, skate forward on left
- 31-32 Skate forward on right, skate forward on left

## **REPEAT**

[www.bennyray.dk](http://www.bennyray.dk)