

No Hard Feelings For 2 (P)

Count: 32

Wall: 0

Level: Low Intermediate - Partner

Choreographer: Guy Dubé (CAN), Nancy Milot (CAN), Claude Dufresne (CAN) & Manon Lamothe (CAN) - March 2022

Music: No Hard Feelings - Old Dominion



Start: In Double Hand Hold position. The man starts on L foot and lady R foot.
The man facing LOD and lady facing RLOD.

Intro: 16 counts

[1-8] M: MAMBO FORWARD, MAMBO BACK, SIDE MAMBO, SIDE MAMBO

[1-8] L: MAMBO BACK, MAMBO FORWARD, SIDE MAMBO, SIDE MAMBO

1&2 M: Rock step L forward, recover on R, step L together R

L: Rock step R back, recover on L, step R together L

3&4 M: Rock step R back, recover on L, step R together L

L: Rock step L forward, recover on R, Step L together R

5&6 M: Rock step L to left side, recover on R, step L together R

L: Rock step R to right side, recover on L, step R together L

7&8 M: Rock step R to right side, recover on L, step R together L

L: Rock step L to left side, recover on R, step L together R

Restart: At the 7th repetition of the dance, after the first 8 counts, restart the dance from the beginning.

[9-16] M: STEP FWD, 1/2 HINGE TURN L, SHUFFLE in 1/2 TURN L, 2X (WALK FWD), SHUFFLE FWD

[9-16] L: 2X (WALK BACK), SHUFFLE BACK, FULL TURN L, SHUFFLE FWD

1-2 M: Step L forward, 1/2 turn left and step R back RLOD

L: Walk back with RL

***** On count 2, the lady lets go the man's R hand et raises his L hand over his head.**

3&4 M: Shuffle in 1/2 turn left with LRL LOD

L: Shuffle back with RLR

***** On count 4, you are now in Double Hand Hold position.**

5-6 M: Walk forward with RL

L: 1/2 turn left and step L forward, 1/2 turn left and step R back

***** On count 5, the man takes with his R hand the lady's L hand.**

***** On count 6, the man let go the lady's R hand and raises her L hand over her head.**

7&8 M: Shuffle forward with RLR

L: Shuffle back with LRL

Restart: At the 3rd repetition of the dance, after the first 16 counts, restart the dance from the beginning.

[17-24] M: 2X (SYNCOPATED HALF RUMBA BOX FWD), 2X (WALK FWD), SHUFFLE FWD

[17-24] L: 2X (SYNCOPATED HALF RUMBA BOX BACK), 1/2 TURN R, 1/2 TURN R, SHUFFLE BACK

1&2 M: Step L to left side, step R together L, step L forward

L: Step R to right side, step L together R, step R back

3&4 M: Step R to right side, step L together R, step R forward

L: Step L to left side, step R together L, step L back

5-6 M: Walk forward with LR

L: 1/2 turn right and step R forward, 1/2 turn right and step L back

***** On count 5, the man with his L hand raises the lady's R hand over her head.**

***** On count 6, you are now in Double Hand Hold position.**

7-8 M: Shuffle forward with LRL

L: Shuffle back with RLR

[25-32] M: MAMBO FWD, ROCK BACK, RECOVER, SHUFFLE FWD, STEP FWD, TOUCH

[25-32] L: MAMBO BACK, STEP FWD, 1/2 TURN L, SHUFFLE BACK in 1/2 TURN L, STEP BACK, TOUCH

1&2 M: Rock step R forward, recover on L, step R back
L: Rock step L back, recover on R, step L forward

3-4 M: Rock step L back, recover on R
L: Step R forward, 1/2 turn left LOD

***** On count 3, the man with his L hand raises the lady's R hand over her head.**

***** On count 4, we lower both hands forward the lady in Wrap position.**

5&6 M: Shuffle forward with LRL
L: Shuffle back in 1/2 turn left with RLR RLOD

7-8 M: Step R forward, touch L together R
L: Step L back, touch R together L

ENJOY AND HAVE FUN!
GUY & NANCY, CLAUDE & MANON
