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| No Hard Feelings For 2 (P) |  |

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| **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 |
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**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**

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| --- | --- |
| 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**

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

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| --- | --- |
|  | 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.**

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

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| --- | --- |
|  | L: Shuffle back with RLR |

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

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| --- | --- |
| 5-6 | M: Walk forward with RL |

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| --- | --- |
|  | 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.**

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| --- | --- |
| 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 |

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

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| --- | --- |
| 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 |

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| --- | --- |
| 5-6 | M: Walk forward with LR |

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| --- | --- |
|  | 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.**

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| --- | --- |
| 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.**

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| 5&6 | M: Shuffle forward with LRL |

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| --- | --- |
|  | L: Shuffle back in 1/2 turn left with RLR RLOD |

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| --- | --- |
| 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**