

# No Hard Feelings

Count: 32

Wall: 4

Level: Improver

Choreographer: Lisa M. Johns-Grose (USA) & Gwen Walker (USA) - October 2021

Music: No Hard Feelings - Old Dominion



## #16 count intro, 2 easy restarts

**[1-8] L lock forward, brush, R lock forward brush, L mambo forward, R mambo back.**

1&2& Step L forward, lock step R behind L, step L forward, brush R.

3&4& Step R forward, lock step L behind R, step R forward, brush L.

5&6 Rock forward L, recover R, step back L

7&8 Rock back R, recover L, step forward R (12:00)

\*\*\*\*\*restart here on wall 7\*\*\*\*\*

**[9-16] L step ¼ cross, ¼ ¼ cross, L side behind side cross sway L R**

1&2 Step L forward, turn ¼ right, step L across R (3:00)

3&4 Step R back ¼ turn L(12:00), step L ¼ turn L(9:00) cross R over L. (9:00)

5&6& Step L to left side, step R behind L, step L to left, cross step R over L.

7-8 Sway hips L, R. (9:00)

\*\*\*\*\*restart here on wall 3\*\*\*\*\*

**[17-24] Syncopated Rock steps, L step ½ turn step, Syncopated Rock steps, R step ½ turn step**

1&2& Rock forward on L, recover R, rock back on L recover R

3&4 Step L forward, ½ turn right, step forward on L (3:00)

5&6& Rock forward on R, recover L, rock back on R recover L

7&8 Step R forward, ½ turn left, step forward on R. (9:00)

**[25-32] Side rock recover step L, R, L mambo forward, R coaster**

1&2 Rock L to left side, recover R, step L forward

3&4 Rock R to right side, recover L, step R forward

5&6 Rock L forward, recover R, step L back.

7&8 Step R back, step L back beside R, step R forward (9:00)

**Restart Wall 3 after 16 counts and Wall 7 after 8 counts.**

**Dance ends naturally on front wall.**

**Dance from the Heart with JOY!!!!!!**

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