

No Hard Feelings

32 Counts, 4 Wall, Level: Improver

Choreographer: Lisa M. Johns-Grose & Gwen Walker October '21

Music: No Hard Feelings - Old Dominion



16 count intro, 2 easy restarts

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

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*******

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*******

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)

Side rock recover step L, R, L mambo forward, R coasterstep

- 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)

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