

No Hard Feeling For 2

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Danse de Partenaire 32 Comptes Débutant Intermédiaire

No Hard Feelings by 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 MAMBO FORWARD, MAMBO BACK, SIDE MAMBO, SIDE MAMBO MAMBO BACK, MAMBO FORWARD, SIDE MAMBO, SIDE MAMBO

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

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

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

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

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

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

7&8 Rock step R to right side, recover on L, step R together 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 STEP FWD, 1/2 HINGE TURN L, SHUFFLE in 1/2 TURN L, 2X (WALK FWD), SHUFFLE 2X (WALK BACK), SHUFFLE BACK, FULL TURN L, SHUFFLE FWD

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

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 Shuffle in 1/2 turn left with LRL LOD

Shuffle back with RLR

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

5-6 Walk forward with RL

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 Shuffle forward with RLR

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 2X (SYNCOATED HALF RUMBA BOX FWD), 2X (WALK FWD), SHUFFLE FWD 2X (SYNCOATED HALF RUMBA BOX BACK), 1/2 TURN R, 1/2 TURN R, SHUFFLE BACK

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

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

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

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

5-6 Walk forward with LR

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 Shuffle forward with LRL

Shuffle back with RLR

25-32 MAMBO FWD, ROCK BACK, RECOVER, SHUFFLE FWD, STEP FWD, TOUCH MAMBO BACK, STEP FWD, 1/2 TURN L, SHUFFLE BACK 1/2 TURN L, STEP BACK, TOUCH

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

Rock step L back, recover on R, step L forward

3-4. Rock step L back, recover on R

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. Shuffle forward with LRL

Shuffle back in 1/2 turn left with RLR RLOD

7-8. Step R forward, touch L together R

Step L back, touch R together L

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



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