

No Hard Feelings

Compte: 32

Mur: 2

Niveau: Beginner / Improver

Chorégraphe: Lidia Landon Michael (USA) - October 2022

Musique: No Hard Feelings - Old Dominion

ou: Cowgirls (feat. ERNEST) - Morgan Wallen



Intro: hold 16 Counts. Dance starts with Vocals NO TAGS/ NO RESTARTS!

SECTION 1: STOMP, HEEL, COASTER STEP, HIP, HIP, DRAG, TOUCH

- 1-2 Stomp R In Place, R Heel Jack
- 3-4 [3&4] R Coaster Step. (Step Back R, Together L, Forward R)
- 5-6 Push Hips L 2x,
- 7-8 [&7] L Hitch, Step Wide L, Dragging R [8] Touch R In.

SECTION 2: SHUFFLE SIDE, SHUFFLE SIDE, SHUFFLE SIDE, SHUFFLE SIDE

- 1&2 R Side Shuffle
- 3&4 L Side Shuffle 1/8 R Turn Facing 1:30
- 5&6 R Side Shuffle Continue Facing 1:30
- 7&8 L Side Shuffle 1/8 Turn L Facing 12:00

SECTION 3: HEEL GRIND, STEP, HEEL GRIND, STEP, SIDE MAMBO, SIDE MAMBO

- 1-2 [1] R Heel Grind, [&] Step In Place L, [2] Step Together R,
- 3-4 [3] L Heel Grind, [&] ¼ Turn L, Step In Place R, [2] Step Together L
- 5&6 R Mambo Side
- 7&8, L Mambo Side

SECTION 4: ANCHOR STEP, ANCHOR STEP, ROCKING CHAIR, STEP PIVOT.

- 1&2 R Anchor Step: [1] Rock Back R Twisting Body R, Step In Place L, Step R Together
- 3&4 L Anchor Step: [1] Rock Back L Twisting Body L, Step In Place R, Step L Together
- 5&6& R Rocking Chair,
- 7-8 Step R, Pivot ¼ To L Wall (6:00)

Contact: Lidia.michael@outlook.com

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