

# No Hard Feelings

**COPPER KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Lisa M. Johns-Grose (USA) & Gwen Walker (USA) - October 2021  
音樂: 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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