

# No Hard Feelings For 2 (P)

COPPERKNOB  
BY SHEETS

拍數: 32      牆數: 0      級數: Low Intermediate - Partner  
編舞者: Guy Dubé (CAN), Nancy Milot (CAN), Claude Dufresne (CAN) & Manon Lamothe (CAN) - March 2022  
音樂: No Hard Feelings - 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] M: MAMBO FORWARD, MAMBO BACK, SIDE MAMBO, SIDE MAMBO**

**[1-8] L: MAMBO BACK, MAMBO FORWARD, SIDE MAMBO, SIDE MAMBO**

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

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

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

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

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

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

7&8      M: Rock step R to right side, recover on L, step R together L

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] M: STEP FWD, 1/2 HINGE TURN L, SHUFFLE in 1/2 TURN L, 2X (WALK FWD), SHUFFLE FWD**

**[9-16] L: 2X (WALK BACK), SHUFFLE BACK, FULL TURN L, SHUFFLE FWD**

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

L: 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      M: Shuffle in 1/2 turn left with LRL LOD

L: Shuffle back with RLR

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

5-6      M: Walk forward with RL

L: 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      M: Shuffle forward with RLR

L: 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] M: 2X (SYNCOATED HALF RUMBA BOX FWD), 2X (WALK FWD), SHUFFLE FWD**

**[17-24] L: 2X (SYNCOATED HALF RUMBA BOX BACK), 1/2 TURN R, 1/2 TURN R, SHUFFLE BACK**

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

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

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

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

5-6      M: Walk forward with LR

L: 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      M: Shuffle forward with LRL

L: Shuffle back with RLR

**[25-32] M: MAMBO FWD, ROCK BACK, RECOVER, SHUFFLE FWD, STEP FWD, TOUCH**

**[25-32] L: MAMBO BACK, STEP FWD, 1/2 TURN L, SHUFFLE BACK in 1/2 TURN L, STEP BACK, TOUCH**

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

3-4 M: Rock step L back, recover on R  
L: 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 M: Shuffle forward with LRL  
L: Shuffle back in 1/2 turn left with RLR RLOD

7-8 M: Step R forward, touch L together R  
L: Step L back, touch R together L

**ENJOY AND HAVE FUN!**  
**GUY & NANCY, CLAUDE & MANON**

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