

# No Hard Feelings

拍數: 32      牆數: 2      級數: Beginner / Improver  
編舞者: Lidia Landon Michael (USA) - October 2022  
音樂: No Hard Feelings - Old Dominion  
或: 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)

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Last Update - 22 Jun. 2024 - R1