

There's Nothing Holdin' Me Back

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Sandy Kelly (CAN) - January 2022

Music: There's Nothing Holdin' Me Back - Shawn Mendes : (iTunes)



Wait: 16 Beats Starts on Right Foot

For "Do You Know You Are My Sunshine"....Wait: 8 Beats.

SIDE, STEP, SIDE, BOUNCE (move to right), V-STEP

- 1-2 Step Rt foot to Rt side, Step Lt foot beside Rt
- 3-4 Step Rt foot to Rt side, Bounce (Both heels lift and drop)
- 5-6 V-Step: Step Lt foot fwd & angle Lt, Step Rt foot fwd & angle Rt
- 7-8 Return Lt foot to centre, Return Rt foot to centre

SIDE, STEP, SIDE, BOUNCE (move to left), V-STEP

- 1-2 Step Lt foot to Lt side, Step Rt foot beside Lt
- 3-4 Step Lt foot to Lt side, Bounce (Both heels lift and drop)
- 5-6 V-Step: Step Rt foot fwd & angle Rt, Step Lt foot fwd & angle Lt
- 7-8 Return Rt foot to centre, Return Lt foot to centre

(note the second V-STEP leads off with the Rt foot

NOT the Lt foot as in the first)

TRIPLE, ROCK FWD,RECOVER, TRIPLE, ROCK BACK, RECOVER

- 1&2, 3-4 Triple(in place) Rt,Lt,Rt, Rock (fwd) on Lt, Recover on Rt
 - 5&6, 7-8 Triple(in place) Lt, Rt,Lt, Rock (back) on Rt, Recover on Lt
- (Triple-Cha,Cha,Cha)**

SKATE, SKATE, PADDLE (2X, making a ¼ Lt turn on each paddle)

- 1-2 Skate Rt foot fwd, Skate Lt foot fwd,
- 3-4 Paddle: Step on Rt foot, Turn ¼ left and Step down on Lt foot
- 5-6 Skate Rt foot fwd, Skate Lt foot fwd,
- 7-8 Paddle: Step on Rt foot, Turn ¼ left and Step down on Lt foot

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