

There's Nothing Holdin' Me Back

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Sue Ann Ehmann (USA) - May 2017
音乐: There's Nothing Holdin' Me Back - Shawn Mendes : (CD: Illuminate)



Music Available on amazon and iTunes

Intro: 16 counts (lyrics)

[1-8] □ SAMBA, CROSS, BALL, CROSS, SIDE ROCK-RECOVER, 3/4 RIGHT TRIPLE

1&2 Step right across left, rock left to side, recover right stepping slightly forward
3&4 Step left across right, ball step right to side, step left across right
5-6 Rock right to side, recover left
7&8 Turn 1/4 right stepping right to side, step left beside right, turn 1/2 right stepping right forward (9:00)

[9-16] □ FORWARD ROCK-RECOVER, 1/2 LEFT TRIPLE, RIGHT WIZARD, LEFT WIZARD

1-2 Rock left forward, recover right
3&4 Turn 1/4 left stepping left to side, step right beside left, turn 1/4 left stepping left forward (3:00)
5-6& Step right diagonally forward, lock left behind right, step right diagonally forward
7-8& Step left diagonally forward, lock right behind left, step left diagonally forward

[17-24] □ ROCK FORWARD, & ROCK FORWARD, & TOUCH, KICK, & TOUCH, KICK

1-2 Rock right forward, recover left,
&3-4 Step right beside left, rock left forward, recover right
&5-6 Step left beside right, touch right beside left, kick right forward
&7-8 Step right beside left, touch left beside right, kick left forward

[25-32] □ STEP, CROSS, BRUSH/SWEEP, 1/4 RIGHT SAILOR, SIDE ROCK, RECOVER, & SIDE, TOUCH

&1-2 Step left beside right, step right across left, brush left beside right
3&4 Sweep left behind right, turning 1/4 right rock right to side, recover left to side - (6:00)
5-6 Rock right to side, recover left
&7-8 Step right beside left, step left to side, touch right beside left

[33-40] □ DIAGONAL STEP, HOLD, SAILOR FORWARD, DIAGONAL STEP, HOLD, SAILOR FORWARD

1-2 Step right to forward right diagonal, hold
3&4 Drag left behind right, rock right to side, recover left diagonally forward
5-6 Step right to forward right diagonal, hold
7&8 Drag left behind right, rock right to side, recover left diagonally forward

[41-48] □ CROSS, BACK, TRIPLE DIAGONALLY BACK, CROSS, BACK, 1/4 LEFT TRIPLE

1-2 Step right across left, step left back
3&4 Step right diagonally back, step left beside right, step right diagonally back
5-6 Step left across right, step right back (squaring up to 12:00)
7&8 Turning 1/4 left step left to side, step right beside left, step left to side (3:00)

[49-56] □ JAZZ BOX, ROCK, RECOVER, COASTER

1-4 Step right across left, step left back, step right to side, step left beside right
5-6 Rock right forward, recover left
7&8 Step right back, step left beside, right, step right forward

[57-64] □ ROCK, RECOVER, TRIPLE FULL TURN LEFT, RIGHT VINE 1/4 STEP

- 1-2 Rock left forward, recover right
3&4 Make a full turn left stepping left, right, left in place (3:00)
5-8 Step right to side, step left behind right, turning 1/4 right step right forward, step left beside right□(6:00)

BEGIN AGAIN!

Choreographer Information: Sue Ann Ehmann, Patrick Springs, VA USA SueAnn5678@gmail.com

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