

Nothing Holdin' Me Back

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Roxanne Moates (AUS) & Luke Watson (AUS) - April 2017
音乐: There's Nothing Holdin' Me Back - Shawn Mendes : (Album: Illuminate - 3:00)



Weight on Left, Start 16 counts in on vocals (8 seconds) V1, Turning CW

A[1-8]□□Side Behind, Rock Recover Behind, Side Hold, Together Side Tap Behind

1-2 Step Side on Right, Cross Left behind Right
3&4 Rock Side on Right, Recover Side on Left, Cross Right behind Left
5-6 Step Side on Left, Hold
&7-8 Bring Right Together, Step Left to Side, Tap Right Toe behind Left

B[1-8]□□Side Cross, Side ¼ Cross Back, Back Recover, Samba Cross

1-2& Step Side on Right, Cross Left over Right
3-4& Step Side on Right, Turn ¼ Left Cross Left over Right, Step Back on Right (9:00)
5-6 Rock back on Left, Recover Forward on to Right,
7&8 Cross Left over Right, Rock Side on Right, Recover Side on Left

C[1-8]□□Cross, ¼, ½ Shuffle, ¼, Touch, ¼, Touch

1-2 Cross Right over Left, Turning ¼ Right Step Back on Left (12:00)
3&4 Making a ½ Turn Right Shuffle Right, Left Together, Right (6:00)
5-6 Making ¼ Turn Right Step Side on Left, Touch Right Toe to 45' (9:00 knee bent)
7-8 Making ¼ Turn Left Step Down on Right, Touch Left Toe to 45' (6:00 knee bent)

D[1-8]□□Back, Cross, Back, Cross, Back, ¼ Touch, ½, Scuff

1-2 Step Left Back to Left 45', Cross Right Over Left
3&4 Step Left Back to Left 45', Cross Right Over Left, Step Left Back to Left 45'
5-6 Making ¼ turn Right Step Right to Side, Touch Left Toe To Side (9:00)
7&8 Making ½ Turn Left Step Down On Left, Scuff Right Forward (3:00)

E[1-8]□□Forward, Lock, Forward, Lock, Forward, Forward, Tap, Back, ½

1-2 Step Forward Right, Lock Left Behind Right
3&4 Step Forward Right, Lock Left Behind Right, Step Forward Right
5-6 Step Forward on Left, Tap Right Toe Behind Left Heel
7-8 Step Back on Right, Making ½ Turn Left Step Forward on Left (9:00)

F[1-8]□□Step, Spin, Walk, Walk, Step, Hold, And Lock, And Lock

1-2 Step Forward on Right, Make A Full Turn Left On the Ball of Right Foot
3-4 Walk Forward Left, Walk Forward Right
5-6 Walk Forward Left, Hold
&7-&8 Lock Right Behind Left, Step Forward on Left, Lock Right Behind Left, Step Forward on Left

G[1-8]□□Step, Pivot, Roll, Recover, Walk, Walk, ¼ Shuffle

1-2 Step Forward on Right, Pivot ½ Turn Left Leaving Weight on Right Foot (3:00)
3-4 Roll Forward onto Left Foot, Recover Back on to Right
5-6 Walk Forward Left, Walk Forward Right
7&8 Making ¼ Turn Left Cross Left Over Right, Side Right, Cross Left Over Right (12:00)

H[1-8]□□½ Shuffle, Rock, Recover, Behind, Side, Cross, ¼, ½

1&2 Making ½ Turn Right Cross Right Over Left, Side Left, Cross Right Over Left (6:00)
3-4 Rock Left to Left Side, Recover Side on Right

5&6 Cross Left Behind Right, Side Right, Cross Left Over Right
7-8 Making $\frac{1}{4}$ Left Step Back on Right, Making $\frac{1}{2}$ Turn Left Step Forward on Left (9:00)
& Make $\frac{1}{4}$ Left on Ball of Left Foot (6:00)

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