

Nothing Holding Me Back

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: David LECAILLON (FR) - July 2017
音乐: There's Nothing Holdin' Me Back - Shawn Mendes



Start after 16 counts on lyrics

section 1 : rock back, walk x2 , side mambo, pivot ½ turn L , hitch

1-2 step Rf back , recover onto Left
3-4 step Rf forward , step Lf forward
5&6 step Rf on Right side , recover onto Lf, step Rf forward
7-8 pivot ½ turn Left on Rf , hitch Left 6:00

section 2 : pivot ½ turn L step ,hold, R triple step forward , L rock forward, behind side cross ¼ turn R

1-2 pivot ½ turn Left on Rf on place step Lf forward , hold 12:00
3&4 triple step Right forward (R,L,R)
5-6 step Lf forward, recover onto Rf
7&8 cross Lf behind Rf ¼ turn Right , step Rf on Right side, cross Lf over Rf 3:00

section 3 : point R , hitch ¼ turn R, pivot ½ turn R step , hold, rock forward, triple step ½ turn L

1-2 point Rf on Right side, hitch Right ¼ turn on Right 6:00
3-4 pivot ½ turn Right on place step Rf forward, hold 12:00
5-6 step Lf forward, recover onto Rf
7&8 triple step ½ turn Left (L,R,L) 6:00

section 4 : R step pivot ½ turn L , triple step ½ turn L, walk back X2 , coaster step

1-2 step Rf forward, pivot ½ turn Left 12:00
3&4 triple step ½ turn Left 6:00
5-6 walk Lf back, walk Rf back
7&8 step Lf back , step Rf next to Lf, step Lf forward

section 5 : R Dorothy step , L Dorothy step , step pivot ½ turn L , kick ball touch

1-2& step Rf on Right diagonal, lock Lf behind Rf, step Rf on Right diagonal
3-4& step Lf on Left diagonal, lock Rf behind Lf , step Lf on Left diagonal
5-6 step Rf forward, pivot ½ turn Left 12:00
7&8 kick Rf forward , step Rf on Right side , touch Lf next to Rf

section 6 : reverse rocking chair , and point ¾ turn, cross , side

1-2 step Lf back, recover onto Rf
3-4 step Lf forward, recover onto Rf
&5-6 step Lf back, point Rf back , ¾ turn Right finish body weight on Rf 9:00
7-8 cross Lf over Rf, step Rf on Right side

section 7 : cross shuffle, side rock, behind side cross, side step , touch ¼turn R

1&2 cross Lf over Rf , step Rf on Right side , cross Lf over Rf
3-4 step Rf on Right side, recover onto Lf
5&6 cross Rf behind Lf, step Lf on Left side , cross Rf over Lf
7-8 step Lf on Left side, ¼ turn Right touch Rf forward 12:00

section 8 : step ¼ turn L , touch L ¼ turn L , kick ball touch , step touch , step ¼ turn L touch

1-2 ¼ turn Left step Rf on Right side , ¼ turn left touch Lf forward 6:00
3&4 kick Lf forward , step Lf on Left side , touch Rf next to Lf

5-6 step Rf on Right diagonal , touch Lf next to Rf
7-8 ¼ turn Left step LF, touch Rf next to Lf 3:00

Start again with smile

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