

No Holdin' Back (P)

拍数: 44 墙数: 0 级数: Partner
编舞者: Diane Jackson (UK)
音乐: There's No Stopping Us Now - Merv & Maria



MAMBO, BACK LOCK STEP, MAMBO FORWARD LOCK STEP

1&2 Rock forward on left, recover onto right, step left next to right
3&4 Step back on right, slide left across in front of right, step back on right
5&6 Rock back on left, recover onto right, step left next to right
7&8 Step forward on right, slide left up behind right, step forward on right

¼ TURN, SIDE, BEHIND, SIDE BEHIND ¼ TURN BRUSH

9-10 Step forward on left turning ¼ right OLOD, hold (man behind lady)
11-12 Step right behind left, hold
13&14 Step left to left side, step right behind left
15-16 Step left to left side turning ¼ left into LOD, brush right

¼ TURN, SIDE, BEHIND, SIDE BEHIND ¼ TURN BRUSH

Release left hand, bring right hand over lady's head

17-18 Step forward on right turning ¼ left ILOD, hold, (lady behind man)
19-20 Step left behind right, hold
21&22 Step right to right side, left behind right
23-24 Step right to right side turning ¼ into LOD, brush left (back in side by side)

FORWARD MAMBO BACK MAMBO, WINDMILL TURN

25&26 Rock forward on left, recover onto right, step left next to right
27&28 Rock back on right, recover onto left, step right next to left

Windmill turn moving forward up line of dance

29 Step forward on left turning ¼ turn left (bring right over lady's head OLOD)
30 Step right to right side turning ¼ turn left RLOD
31 Step back on left turning ¼ turn left (release right hand ILOD)
32 Step forward on right turning ¼ left (back in side by side LOD)

FORWARD MAMBO, BACK MAMBO, 4 HEEL STRUTS

33&34 Rock forward on left, recover onto right, step left next to right
35&36 Rock back on right, recover onto left, step right next to left
37-38 Step forward on left heel, slap left toe down
39-40 Step forward on right heel, slap right toe down
41-42 Step forward on left heel, slap left toe down
43-44 Step forward on right heel, slap right toe down

REPEAT