

Holding Me Back

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Pam Goode (USA) - November 2019
音樂: There's Nothing Holdin' Me Back - Shawn Mendes



#16 count intro

Step ball change x 3, L front mambo, R back mambo

1&2 Step R forward, ball change LR
&3&4 Ball change LR, repeat
5&6 Rock L forward, recover onto R, step together
7&8 Rock R back, recover onto L, step together

Rock L, behind side cross, repeat O.S.

1-2 Rock L side, recover onto R
3&4 Cross step L behind R, step R side, cross step L over R
5-6 Rock R side, recover onto L
7&8 L Cross step R behind L, step L side, cross step R over L

L vaudeville, R vaudeville

1-2 Step L side, cross step R behind L
&3&4 Step L side, heel R side, step R, cross step L over R
5-6 L Step R side, cross step L behind R
&7&8 Step R side, heel L side, step L, cross step R over L

Syncopated jazz box, step R pivot ½, full CCW turn

1-2 Step L, cross step R over L
&3-4 Step L back, step R, step L forward
5-6 Step R forward, pivot ½ turn L
7-8 Step R, L while doing a full turn CCW

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