

# There's Nothing Holdin' Me Back

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 2                      級數: Beginner  
編舞者: Sandy Kelly (CAN) - January 2022  
音樂: There's Nothing Holdin' Me Back - Shawn Mendes : (iTunes)



Wait: 16 Beats Starts on Right Foot  
For "Do You Know You Are My Sunshine"....Wait: 8 Beats.

## **SIDE, STEP, SIDE, BOUNCE (move to right), V-STEP**

1-2                      Step Rt foot to Rt side, Step Lt foot beside Rt  
3-4                      Step Rt foot to Rt side, Bounce (Both heels lift and drop)  
5-6                      V-Step: Step Lt foot fwd & angle Lt, Step Rt foot fwd & angle Rt  
7-8                      Return Lt foot to centre, Return Rt foot to centre

## **SIDE, STEP, SIDE, BOUNCE (move to left), V-STEP**

1-2                      Step Lt foot to Lt side, Step Rt foot beside Lt  
3-4                      Step Lt foot to Lt side, Bounce (Both heels lift and drop)  
5-6                      V-Step: Step Rt foot fwd & angle Rt, Step Lt foot fwd & angle Lt  
7-8                      Return Rt foot to centre, Return Lt foot to centre

**(note the second V-STEP leads off with the Rt foot**

**NOT the Lt foot as in the first)**

## **TRIPLE, ROCK FWD,RECOVER, TRIPLE, ROCK BACK, RECOVER**

1&2, 3-4                      Triple(in place) Rt,Lt,Rt, Rock (fwd) on Lt, Recover on Rt  
5&6, 7-8                      Triple(in place) Lt, Rt,Lt, Rock (back) on Rt, Recover on Lt  
**(Triple-Cha,Cha,Cha)**

## **SKATE, SKATE, PADDLE (2X, making a ¼ Lt turn on each paddle)**

1-2                      Skate Rt foot fwd, Skate Lt foot fwd,  
3-4                      Paddle: Step on Rt foot, Turn ¼ left and Step down on Lt foot  
5-6                      Skate Rt foot fwd, Skate Lt foot fwd,  
7-8                      Paddle: Step on Rt foot, Turn ¼ left and Step down on Lt foot

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