Nothing Holding Me Down

Count: 32	**Wand:** 4	**Ebene:** Novice

Choreograf/in: Natalie Schürmann (CH) - December 2024

Musik: Nothing Holding Me Down - Pegasus

Intro : On the lyrics

**2 Restarts, 1 tag

STEP TOUCH, BACK KICK, COASTER STEP, STEP TOUCH, BACK KICK, COASTER STEP

1&2&	Step RF forward, touch LF behind RF, step LF back, kick RF forward
3&4	Step RF back, close LF to RF, Step RF forward,
5&6&	Step LF forward, touch RF behind LF, Step RF back, kick LF forward,
7&8	Step LF back, close RF to LF, Step LF forward,

STEP PIVOT 1/4 TURN, WAVE CROSS, SIDE TOUCH, SIDE, BEHIND, 1/4 TURN STEP, STEP

1&2&	Step RF forward, ¼ turn to the L (09 :00), cross RF in front of LF, step LF to the L
3&4	Cross RF behind LF, step LF to the L, cross RF in front of LF
5&6	Step LF to the L, touch RF next to LF, step RF to the R
7&8	Cross LF behind RF, ¼ turn to the R (12 :00) step RF forward, step LF forward

Restart here on walls 2 and 5

STOMP DIAGONAL, FAN, FAN, SCISSOR STEP, STOMP DIAGONAL, FAN, FAN, SAILOR 1/4 TURN

1&2	Stomp RF slightly in diagonal R, twist R heel to the R, twist R heel to the L
3&4	Step RF to the right, close LF to RF, cross RF in front of LF
5&6	Stomp LF slightly in diagonal L, twist L heel to the L, twist L heel to the R
7&8	Cross LF behind RF, ¼ turn to the L (09 :00), step RF to the R, step LF forward.

BALL STEP PIVOT 1/2 TURN, FULL TURN TRIPLE STEP, SIDE, BACK ROCK, SIDE, BACK ROCK

&1-2	Close RF to RF, step LF forward, ½ turn to the R (03 :00)
3&4	¼ turn to the R, step LF to the L, ½ turn to the R, step RF to the R, ¼ turn to the R, step LF forward
5-6&	Step RF to the R, rock LF behind RF, recover on RF
7-8&	Step LF to the L, rock RF behind LF, recover on LF

Option : on counts 3&4, make 3 little steps (L-R-L) forward instead of the full turn triple step

TAG : End of wall 7, add 2 counts

1-2	Stomp RF forward, stomp LF next to RF

ENDING : Wall 10
After the first 8 counts of the dance, pivot ¼ turn to the R, stomp RF forward

RECOMMENCEZ LA DANSE ET GARDEZ LE SOURIRE !!!