

# No Holdin' Back (P)

Count: 44

Wall: 0

Level: Partner

Choreographer: Diane Jackson (UK)

Music: 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