

# Nothing Holding Me Down

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Novice  
编舞者: Natalie Schürmann (CH) - December 2024  
音乐: 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 !!!**