

NO HOLDIN' BACK

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Count: 44 **Wall:** — **Level:** —

Choreographer: Diane Jackson

Music: There's No Stopping Us Now by 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 $\frac{1}{4}$ 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