

# There's Nothing Holdin' Me Back

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Sue Ann Ehmann (May 2017)

**Music:** "There's Nothing Holdin' Me Back" by Shawn Mendes. CD: Illuminate - BPM: 122

## Music Available on amazon and iTunes

### Intro: 16 counts (lyrics)

### [1-8] SAMBA, CROSS, BALL, CROSS, SIDE ROCK-RECOVER, 3/4 RIGHT TRIPLE

- 1&2** Step right across left, rock left to side, recover right stepping slightly forward
- 3&4** Step left across right, ball step right to side, step left across right
- 5-6** Rock right to side, recover left
- 7&8** Turn 1/4 right stepping right to side, step left beside right, turn 1/2 right stepping right forward (9:00)

### [9-16] FORWARD ROCK-RECOVER, 1/2 LEFT TRIPLE, RIGHT WIZARD, LEFT WIZARD

- 1-2** Rock left forward, recover right
- 3&4** Turn 1/4 left stepping left to side, step right beside left, turn 1/4 left stepping left forward (3:00)
- 5-6&** Step right diagonally forward, lock left behind right, step right diagonally forward
- 7-8&** Step left diagonally forward, lock right behind left, step left diagonally forward

### [17-24] ROCK FORWARD, & ROCK FORWARD, & TOUCH, KICK, & TOUCH, KICK

- 1-2** Rock right forward, recover left,
- &3-4** Step right beside left, rock left forward, recover right
- &5-6** Step left beside right, touch right beside left, kick right forward
- &7-8** Step right beside left, touch left beside right, kick left forward

### [25-32] STEP, CROSS, BRUSH/SWEEP, 1/4 RIGHT SAILOR, SIDE ROCK, RECOVER, & SIDE, TOUCH

- &1-2** Step left beside right, step right across left, brush left beside right
- 3&4** Sweep left behind right, turning 1/4 right rock right to side, recover left to side - (6:00)
- 5-6** Rock right to side, recover left

**&7-8** Step right beside left, step left to side, touch right beside left

**[33-40] DIAGONAL STEP, HOLD, SAILOR FORWARD, DIAGONAL STEP, HOLD, SAILOR FORWARD**

**1-2** Step right to forward right diagonal, hold

**3&4** Drag left behind right, rock right to side, recover left diagonally forward

**5-6** Step right to forward right diagonal, hold

**7&8** Drag left behind right, rock right to side, recover left diagonally forward

**[41-48] CROSS, BACK, TRIPLE DIAGONALLY BACK, CROSS, BACK, 1/4 LEFT TRIPLE**

**1-2** Step right across left, step left back

**3&4** Step right diagonally back, step left beside right, step right diagonally back

**5-6** Step left across right, step right back (squaring up to 12:00)

**7&8** Turning 1/4 left step left to side, step right beside left, step left to side (3:00)

**[49-56] JAZZ BOX, ROCK, RECOVER, COASTER**

**1-4** Step right across left, step left back, step right to side, step left beside right

**5-6** Rock right forward, recover left

**7&8** Step right back, step left beside, right, step right forward

**[57-64] ROCK, RECOVER, TRIPLE FULL TURN LEFT, RIGHT VINE 1/4 STEP**

**1-2** Rock left forward, recover right

**3&4** Make a full turn left stepping left, right, left in place (3:00)

**5-8** Step right to side, step left behind right, turning 1/4 right step right forward, step left beside right (6:00)

**BEGIN AGAIN!**

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