

# Holding Me Back

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** Improver

**Choreographer:** Pam Goode – November 2019

**Music:** There's Nothing Holding Me Back by Shawn Mendes

## #16 count intro

### Step ball change x 3, L front mambo, R back mambo

- 1&2**      Step R forward, ball change LR  
**&3&4**      Ball change LR, repeat  
**5&6**      Rock L forward, recover onto R, step together  
**7&8**      Rock R back, recover onto L, step together

### Rock L, behind side cross, repeat O.S.

- 1-2**      Rock L side, recover onto R  
**3&4**      Cross step L behind R, step R side, cross step L over R  
**5-6**      Rock R side, recover onto L

### 7&8L Cross step R behind L, step L side, cross step R over L

### L vaudeville, R vaudeville

- 1-2**      Step L side, cross step R behind L  
**&3&4**      Step L side, heel R side, step R, cross step L over R

### 5-6L Step R side, cross step L behind R

- &7&8**      Step R side, heel L side, step L, cross step R over L

### Syncopated jazz box, step R pivot ½, full CCW turn

- 1-2**      Step L, cross step R over L  
**&3-4**      Step L back, step R, step L forward  
**5-6**      Step R forward, pivot ½ turn L  
**7-8**      Step R, L while doing a full turn CCW

**Contact:** Scow13@gmail.com

**STEPSHEET TAKEN FROM COPPERKNOB (144.217.101.242)**

