

Nothing Holdin' Me Back

LINEDANCE.COM

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Roxanne Moates and Luke Watson , April 2017

Music: Shawn Mendes - There's Nothing Holdin' Me Back. Album: Illuminate 3:00 mins (123 BPM)

Weight on Left, Start 16 counts in on vocals (8 seconds) V1, Turning CW

A[1-8] Side Behind, Rock Recover Behind, Side Hold, Together Side Tap Behind

- 1-2 Step Side on Right, Cross Left behind Right
- 3&4 Rock Side on Right, Recover Side on Left, Cross Right behind Left
- 5-6 Step Side on Left, Hold
- &7-8 Bring Right Together, Step Left to Side, Tap Right Toe behind Left

B[1-8] Side Cross, Side $\frac{1}{4}$ Cross Back, Back Recover, Samba Cross

- 1-2& Step Side on Right, Cross Left over Right
- 3-4& Step Side on Right, Turn $\frac{1}{4}$ Left Cross Left over Right, Step Back on Right (9:00)
- 5-6 Rock back on Left, Recover Forward on to Right,
- 7&8 Cross Left over Right, Rock Side on Right, Recover Side on Left

C[1-8] Cross, $\frac{1}{4}$, $\frac{1}{2}$ Shuffle, $\frac{1}{4}$, Touch, $\frac{1}{4}$, Touch

- 1-2 Cross Right over Left, Turning $\frac{1}{4}$ Right Step Back on Left (12:00)
- 3&4 Making a $\frac{1}{2}$ Turn Right Shuffle Right, Left Together, Right (6:00)
- 5-6 Making $\frac{1}{4}$ Turn Right Step Side on Left, Touch Right Toe to 45' (9:00 knee bent)
- 7-8 Making $\frac{1}{4}$ Turn Left Step Down on Right, Touch Left Toe to 45' (6:00 knee bent)

D[1-8] Back, Cross, Back, Cross, Back, $\frac{1}{4}$ Touch, $\frac{1}{2}$, Scuff

- 1-2 Step Left Back to Left 45', Cross Right Over Left
- 3&4 Step Left Back to Left 45', Cross Right Over Left, Step Left Back to Left 45'
- 5-6 Making $\frac{1}{4}$ turn Right Step Right to Side, Touch Left Toe To Side (9:00)
- 7&8 Making $\frac{1}{2}$ Turn Left Step Down On Left, Scuff Right Forward (3:00)

E[1-8] Forward, Lock, Forward, Lock, Forward, Forward, Tap, Back, $\frac{1}{2}$

- 1-2 Step Forward Right, Lock Left Behind Right

- 3&4** Step Forward Right, Lock Left Behind Right, Step Forward Right
- 5-6** Step Forward on Left, Tap Right Toe Behind Left Heel
- 7-8** Step Back on Right, Making $\frac{1}{2}$ Turn Left Step Forward on Left (9:00)

F[1-8] Step, Spin, Walk, Walk, Step, Hold, And Lock, And Lock

- 1-2** Step Forward on Right, Make A Full Turn Left On the Ball of Right Foot
- 3-4** Walk Forward Left, Walk Forward Right
- 5-6** Walk Forward Left, Hold
- &7-&8** Lock Right Behind Left, Step Forward on Left, Lock Right Behind Left, Step Forward on Left

G[1-8] Step, Pivot, Roll, Recover, Walk, Walk, $\frac{1}{4}$ Shuffle

- 1-2** Step Forward on Right, Pivot $\frac{1}{2}$ Turn Left Leaving Weight on Right Foot (3:00)
- 3-4** Roll Forward onto Left Foot, Recover Back on to Right
- 5-6** Walk Forward Left, Walk Forward Right
- 7&8** Making $\frac{1}{4}$ Turn Left Cross Left Over Right, Side Right, Cross Left Over Right (12:00)

H[1-8] $\frac{1}{2}$ Shuffle, Rock, Recover, Behind, Side, Cross, $\frac{1}{4}$, $\frac{1}{2}$

- 1&2** Making $\frac{1}{2}$ Turn Right Cross Right Over Left, Side Left, Cross Right Over Left (6:00)
- 3-4** Rock Left to Left Side, Recover Side on Right
- 5&6** Cross Left Behind Right, Side Right, Cross Left Over Right
- 7-8** Making $\frac{1}{4}$ Left Step Back on Right, Making $\frac{1}{2}$ Turn Left Step Forward on Left (9:00)
- &** Make $\frac{1}{4}$ Left on Ball of Left Foot (6:00)

Roxanne Moates 0419 919 527 allstarroxie@hotmail.com

Luke Watson 0411 846 990 uberlinedance@gmail.com