

No Holding Back

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Kristen Flood , Sydney - August 2017

Music: Shawn Mendes - There's Nothing Holdin' Me Back. Album: Illuminate - 3min 19sec - 122 bpm

Start weight on L. Commence dance at 0:08 on lyrics - Clockwise

(1-8) walk, walk, walk, touch, Diagonal step, touch, Diagonal step, touch

1, 2, 3, 4 Walk R back, walk L back, walk R back, touch L next to R

5, 6, 7, 8 Step L fwd on L diagonal, touch R next to L, step R fwd on R diagonal, touch L next to R

(9-16) side shuffle, rock, replace, side shuffle, rock, replace

1 & 2, 3, 4 Step L to L side, step R next to L, step L to L side, rock R behind L, replace L fwd

5 & 6, 7, 8 Step R to R side, step L next to R, step R to R side, rock L behind R, replace R fwd

(17-24) rock, replace, coaster step, rock replace, half shuffle

1, 2, 3 & 4 Rock L fwd, replace R back, step L back, step R next to L, step R fwd (coaster step)

5, 6, 7 & 8 Rock R fwd, replace L back, making $\frac{1}{2}$ R step R fwd (6:00), step L next to R, step R fwd (half shuffle)

(25-32) heel switches, ball step touch, point, hold, $\frac{1}{4}$ monterey, point, step

1 & 2 & 3, 4 Touch L heel fwd, step L next to R, touch R heel fwd, step R ball next to L, step large step L fwd, touch R next to L

5, 6 & 7, 8 & Point R toe to R side, hold, making $\frac{1}{4}$ R step R next to L (3:00), point L toe to L side, step L next to R

RESTART DANCE

No Tags Or Restarts! Enjoy

Kristen Flood

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