

Holdin Me Back

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

Choreographer: Mike Liadouze (May 2017)

Music: Shawn Mendes - There Is Nothing Holdin' Me Back (122 BPM)

Intro: 16 counts

Section 1: RIGHT MAMBO FORWARD, HOLD, COASTER STEP, BRUSH

1 - 4 Rock R forward, Recover on L, Step back R, Hold

5 - 8 Step L back, Step R beside L, Step L forward, Brush R forward

Section 2: RIGHT LOCK FORWARD, HITCH, ROCK FORWARD,, RECOVER, BACK, TOUCH

1 - 4 Step R forward, Lock L behind R, Step R forward, Hitch L knee

5 - 8 Rock R forward, Recover on L, Step L back, Touch R beside L

Section 3: SIDE, TOGETHER, FORWARD, HOLD, STEP 1/2 TURN, STEP, HOLD

1 - 4 Step R to right, Close L beside R, Step R forward, Hold

5 - 8 Step L Forward, Pivot 1/2 turn right (weight on R), Step L forward, Hold (6.00)

Section 4: SIDE MAMBO R + L

1 - 4 Rock R to right, Recover on L, Step R beside L, Hold

5 - 8 Rock L to left, Recover on R, Step L beside R, Hold

Section 5: MONTEREY 1/4 TURN RIGHT, JAZZBOX CROSS

1 - 4 Point R to right side, 1/4 turn right step R beside L, Point L to left side, Step L beside R (9.00)

5 - 8 Cross R over L, Step back on L, Step R to right side, Cross L over R

Section 6: WEAVE, SIDE, HOLD, ROCK BACK, RECOVER

1 - 4 Step R to right side, Cross L behind R, Step R to right side, Cross L over R

5 - 8 Step R to right side, Hold, Rock L behind R, Recover on R

Section 7: SIDE, CLOSE, 1/4 TURN, HOLD, STEP PIVOT 1,4 TURN L, CROSS, HOLD

1 - 4 Step L to left, Close R next to R, 1/4 turn left L step forward, Hold (6.00)

5 - 8 Step R forward, 1/4 turn pivot left, Cross R over L, Hold

Section 8: WEAVE, SIDE, HOLD, ROCK BACK, RECOVER

1 - 4 Step L to left, Cross R behind L, Step L to left, Cross R over L

5 - 8 Step L to left, Hold, Rock R behind L, Recover on L

START AGAIN

ENDING: Last wall dance up to count 53 (count 5 of section 7) then pivot 1/2 turn left to front wall.

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