

Nothing Holdin' Me Back

Song: There's Nothing Holdin' Me Back

Artist: Shawn Mendes - Album: Illuminate 3:00 mins (123 BPM)

Choreographed by: Roxanne Moates and Luke Watson, April 2017

Step Description: 64 Counts, 2 Wall, Intermediate Line Dance

Weight on Left, Start 16 counts in on vocals (8 seconds) V2, Turning CW

Counts

Steps

- 1-8**
1-2
3&4
5-6
&7-8
- Side Behind, Rock Recover Behind, Side Hold, Together Side Tap Behind**
Step Side on Right, Cross Left behind Right
Rock Side on Right, Recover Side on Left, Cross Right behind Left
Step Side on Left, Hold
Bring Right Together, Step Left to Side, Tap Right Toe behind Left
- 1-8**
1-2
3&4
5-6
7&8
- Side Cross, Side ¼ Cross Back, Back Recover, Samba Cross**
Step Side on Right, Cross Left over Right
Step Side on Right, Turn ¼ Left Cross Left over Right, Step Back on Right (9:00)
Rock back on Left, Recover Forward on to Right,
Cross Left over Right, Rock Side on Right, Recover Side on Left
- 1-8**
1-2
3&4
5-6
7-8
- Cross, ¼, ½ Shuffle, ¼, Touch, ¼, Touch**
Cross Right over Left, Turning ¼ Right Step Back on Left (12:00)
Making a ½ Turn Right Shuffle Right, Left Together, Right (6:00)
Making ¼ Turn Right Step Side on Left, Touch Right Toe to 45' (9:00 knee bent)
Making ¼ Turn Left Step Down on Right, Touch Left Toe to 45' (6:00 knee bent)
- 1-8**
1-2
3&4
5-6
7-8
- Back, Cross, Back, Cross, Back, ¼ Touch, ½, Scuff**
Step Left Back to Left 45', Cross Right Over Left
Step Left Back to Left 45', Cross Right Over Left, Step Left Back to Left 45'
Making ¼ turn Right Step Right to Side, Touch Left Toe To Side (9:00)
Making ½ Turn Left Step Down On Left, Scuff Right Forward (3:00)
- 1-8**
1-2
3&4
5-6
7-8
- Forward, Lock, Forward, Lock, Forward, Forward, Tap, Back, ½**
Step Forward Right, Lock Left Behind Right
Step Forward Right, Lock Left Behind Right, Step Forward Right
Step Forward on Left, Tap Right Toe Behind Left Heel
Step Back on Right, Making ½ Turn Left Step Forward on Left (9:00)
- 1-8**
1-2
3-4
5-6
&7-&8
- Step, Spin, Walk, Walk, Step, Hold, And Lock, And Lock**
Step Forward on Right, Make A Full Turn Left On the Ball of Right Foot
Walk Forward Left, Walk Forward Right
Walk Forward Left, Hold
Lock Right Behind Left, Step Forward on Left, Lock Right Behind Left, Step Forward on Left
- 1-8**
1-2
3-4
5-6
7&8
- Step, Pivot, Roll, Recover, Walk, Walk, ¼ Shuffle**
Step Forward on Right, Pivot ½ Turn Left Leaving Weight on Right Foot (3:00)
Roll Forward onto Left Foot, Recover Back on to Right
Walk Forward Left, Walk Forward Right
Making ¼ Turn Left Cross Left Over Right, Side Right, Cross Left Over Right (12:00)
- 1-8**
1&2
3-4
5&6
7-8
&
- ½ Shuffle, Rock, Recover, Behind, Side, Cross, ¼, ½**
Making ½ Turn Right Cross Right Over Left, Side Left, Cross Right Over Left (6:00)
Rock Left to Left Side, Recover Side on Right
Cross Left Behind Right, Side Right, Cross Left Over Right
Making ¼ Left Step Back on Right, Making ½ Turn Left Step Forward on Left (9:00)
Make ¼ Left on Ball of Left Foot (6:00)