

Nothing Holdin' Me Back

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Nathan Gardiner (SCO) - May 2017

Music: There's Nothing Holdin' Me Back - Shawn Mendes



Intro: 16 counts

S1: Walk Forward R & L, Kick Ball Step, Rock Forward, Recover, Coaster Cross

- 1-2 Step forward on R, Step forward on L
- 3&4 Kick R forward, Step R next to L, Step forward on L
- 5-6 Rock forward on R, Recover on L
- 7&8 Step back on R, Step L next to R, Cross R over L

S2: Side L, Behind, Side Rock, Recover, Behind, Side R, Cross Rock, Recover

- 1-2 Step L to L side, Step R behind L
- 3-4 Rock out to L side, Recover on R
- 5-6 Step L behind R, Step R to R side
- 7-8 Cross rock L over R, Recover on R

S3: ¼ L, Hold, Ball, ¼ L, Point, Flick, Cross Shuffle, Side L

- 1-2 ¼ L stepping forward on L, Hold
- &3-4 Step R next to L, ¼ L crossing L over R, Point R to R side
- 5 Flick R to R diagonal
- 6&7 Cross R over L, Step L to L side, Cross R over L
- 8 Step L to L side

S4: Sailor Step, Point Back, Unwind ½ L, Cross Samba R & L

- 1&2 Step R behind L, Step L to L side, Step R to R side
- 3-4 Point L back, Unwind ½ L (weight ends on L)
- 5&6 Cross R over L, Rock out to L side, Recover on R
- 7&8 Cross L over R, Rock out to R side, Recover on L

S5: Cross Rock, Recover, Chasse R, Touch Across, Point, Sailor ¼ L

- 1-2 Cross rock R over L, Recover on L
- 3&4 Step R to R side, Step L next to R, Step R to R side
- 5-6 Touch L across R, Point L to L side
- 7&8 Step L behind R, ¼ L stepping R to R side, Step L to L side

S6: Pivot ½ R, ½ R, ¼ R Rock Out, Recover, Cross, Side L, Cross Shuffle

- 1-2 Pivot ½ R, ½ R stepping back on L
- 3-4 ¼ R rocking out to R side, Recover on L
- 5-6 Cross R over L, Step L to L side
- 7&8 Cross R over L, Step L to L side, Cross R over L

S7: 1/8 R, Together, Step Forward, R Lock Step, Rock Forward, Recover, Coaster Cross 1/8 L

- &1-2 1/8 R stepping L to L side, Step R next to L, Step forward on L
- 3&4 Step forward on R, Lock L behind R, Step forward on R
- 5-6 Rock forward on L, Recover on R
- 7&8 Step back on L, Step R next to L, 1/8 L crossing L over R

S8: Side R, Drag, Ball Cross, Side L, Rock Back, Recover, ¼ L, ½ L

- 1-2 Step R to R side, Drag L towards R

&3-4 Step L next to R, Cross R over L, Step L to L side
5-6 Rock back on R, Recover on L
7-8 1/4 L stepping back on R, 1/2 L stepping forward on L

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