

Holdin Me Back

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Mike Liadouze (FR) - May 2017

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



Introduction: □ 16 counts □

[1-8] □ BACK, TOGETHER, C BUMP FORWARD WITH SHOULDER, ROCK STEP, SHUFFLE 1/4 L

- 1-2 Step RF back, step LF together
- 3&4 Toe Strut RF with hip bumps R ↗, L ↘, R ↙ shoulder popping down R, L, R
- 5-6 Rock step LF forward, recover on LF
- 7&8 ..1/4 turn L.. step LF side, step RF together, step LF side □ (9:00)

[9-16] □ SYNCOPATED ROCKS, TOUCH BEHIND, UNWIND FULL TURN, ARM MOUVEMENTS

- &1-2 Step RF together, rock step LF side, recover on RF
- &3-4 Step LF together, rock step RF side, recover on LF
- 5-6 Touch R toe behind LF, unwind ..7/8 turn R.. weight on RF cross over LF □ (7:30)
- 7&8 R hand on L shoulder, L hand on R shoulder, both hands on heart

[17-24] BIG STEP BACK, COASTER STEP, SLOW STEP WITH ROLL FORWARD, SHUFFLE FORWARD

- 1-2 ..7/8 turn R.. big step LF back, slide RF together pushing hands down □ (9:00)
- 3&4 Step RF back, step LF together, step RF forward
- 5-6 Touch L heel forward starting body roll up, step LF forward finishing body roll
- 7&8 Step RF forward, step LF together, step RF forward

[25-32] ROCK STEP, SHUFFLE 1/2 L, STEP TOUCH BEHIND, UNWIND FULL TURN, OUT OUT HITCH

- 1-2 Rock step LF forward, recover on RF
- 3&4 ..1/2 turn L.. LF forward, step RF together, step LF forward □ (3:00)
- &5-6 Step RF forward, touch L toe behind RF, unwind ..full turn L.. weight on LF □ (3:00)
- 7&8 Step RF diagonally forward, step LF diagonally forward, hitch R knee

Have Fun !! - Good Luck !!

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