

# Holding Me Back

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Improver

Choreographer: Pam Goode (USA) - November 2019

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



## #16 count intro

### Step ball change x 3, L front mambo, R back mambo

- 1&2 Step R forward, ball change LR
- &3&4 Ball change LR, repeat
- 5&6 Rock L forward, recover onto R, step together
- 7&8 Rock R back, recover onto L, step together

### Rock L, behind side cross, repeat O.S.

- 1-2 Rock L side, recover onto R
- 3&4 Cross step L behind R, step R side, cross step L over R
- 5-6 Rock R side, recover onto L
- 7&8 L Cross step R behind L, step L side, cross step R over L

### L vaudeville, R vaudeville

- 1-2 Step L side, cross step R behind L
- &3&4 Step L side, heel R side, step R, cross step L over R
- 5-6 L Step R side, cross step L behind R
- &7&8 Step R side, heel L side, step L, cross step R over L

### Syncopated jazz box, step R pivot ½, full CCW turn

- 1-2 Step L, cross step R over L
- &3-4 Step L back, step R, step L forward
- 5-6 Step R forward, pivot ½ turn L
- 7-8 Step R, L while doing a full turn CCW

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