

# Nothing Holding Me Back

COPPER KNOB  
BY SHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: David LECAILLON (FR) - July 2017  
音乐: There's Nothing Holdin' Me Back - Shawn Mendes



Start after 16 counts on lyrics

**section 1 : rock back, walk x2 , side mambo, pivot ½ turn L , hitch**

1-2            step Rf back , recover onto Left  
3-4            step Rf forward , step Lf forward  
5&6           step Rf on Right side , recover onto Lf, step Rf forward  
7-8            pivot ½ turn Left on Rf , hitch Left 6:00

**section 2 : pivot ½ turn L step ,hold, R triple step forward , L rock forward, behind side cross ¼ turn R**

1-2            pivot ½ turn Left on Rf on place step Lf forward , hold 12:00  
3&4            triple step Right forward (R,L,R)  
5-6            step Lf forward, recover onto Rf  
7&8            cross Lf behind Rf ¼ turn Right , step Rf on Right side, cross Lf over Rf 3:00

**section 3 : point R , hitch ¼ turn R, pivot ½ turn R step , hold, rock forward, triple step ½ turn L**

1-2            point Rf on Right side, hitch Right ¼ turn on Right 6:00  
3-4            pivot ½ turn Right on place step Rf forward, hold 12:00  
5-6            step Lf forward, recover onto Rf  
7&8            triple step ½ turn Left ( L,R,L) 6:00

**section 4 : R step pivot ½ turn L , triple step ½ turn L, walk back X2 , coaster step**

1-2            step Rf forward, pivot ½ turn Left 12:00  
3&4            triple step ½ turn Left 6:00  
5-6            walk Lf back, walk Rf back  
7&8            step Lf back , step Rf next to Lf, step Lf forward

**section 5 : R Dorothy step , L Dorothy step , step pivot ½ turn L , kick ball touch**

1-2&            step Rf on Right diagonal, lock Lf behind Rf, step Rf on Right diagonal  
3-4&            step Lf on Left diagonal, lock Rf behind Lf , step Lf on Left diagonal  
5-6            step Rf forward, pivot ½ turn Left 12:00  
7&8            kick Rf forward , step Rf on Right side , touch Lf next to Rf

**section 6 : reverse rocking chair , and point ¾ turn, cross , side**

1-2            step Lf back, recover onto Rf  
3-4            step Lf forward, recover onto Rf  
&5-6            step Lf back, point Rf back , ¾ turn Right finish body weight on Rf 9:00  
7-8            cross Lf over Rf, step Rf on Right side

**section 7 : cross shuffle, side rock, behind side cross, side step , touch ¼turn R**

1&2            cross Lf over Rf , step Rf on Right side , cross Lf over Rf  
3-4            step Rf on Right side, recover onto Lf  
5&6            cross Rf behind Lf, step Lf on Left side , cross Rf over Lf  
7-8            step Lf on Left side, ¼ turn Right touch Rf forward 12:00

**section 8 : step ¼ turn L , touch L ¼ turn L , kick ball touch , step touch , step ¼ turn L touch**

1-2            ¼ turn Left step Rf on Right side , ¼ turn left touch Lf forward 6:00  
3&4            kick Lf forward , step Lf on Left side , touch Rf next to Lf

5-6            step Rf on Right diagonal , touch Lf next to Rf  
7-8            ¼ turn Left step LF, touch Rf next to Lf 3:00

**Start again with smile**

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