

# Holding Me Back

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Pam Goode (USA) - November 2019  
音乐: 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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