

# Nothing Holdin' Me Back

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Nathan Gardiner (SCO) - May 2017  
音樂: 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 steeping forward on L

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