

# Nothing Holdin' Me Back

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Roxanne Moates (AUS) & Luke Watson (AUS) - April 2017  
音樂: There's Nothing Holdin' Me Back - Shawn Mendes : (Album: Illuminate - 3:00)



**Weight on Left, Start 16 counts in on vocals (8 seconds) V1, Turning CW**

**A[1-8]□□Side Behind, Rock Recover Behind, Side Hold, Together Side Tap Behind**

1-2            Step Side on Right, Cross Left behind Right  
3&4           Rock Side on Right, Recover Side on Left, Cross Right behind Left  
5-6           Step Side on Left, Hold  
&7-8          Bring Right Together, Step Left to Side, Tap Right Toe behind Left

**B[1-8]□□Side Cross, Side ¼ Cross Back, Back Recover, Samba Cross**

1-2&          Step Side on Right, Cross Left over Right  
3-4&          Step Side on Right, Turn ¼ Left Cross Left over Right, Step Back on Right (9:00)  
5-6           Rock back on Left, Recover Forward on to Right,  
7&8           Cross Left over Right, Rock Side on Right, Recover Side on Left

**C[1-8]□□Cross, ¼, ½ Shuffle, ¼, Touch, ¼, Touch**

1-2            Cross Right over Left, Turning ¼ Right Step Back on Left (12:00)  
3&4            Making a ½ Turn Right Shuffle Right, Left Together, Right (6:00)  
5-6            Making ¼ Turn Right Step Side on Left, Touch Right Toe to 45' (9:00 knee bent)  
7-8            Making ¼ Turn Left Step Down on Right, Touch Left Toe to 45' (6:00 knee bent)

**D[1-8]□□Back, Cross, Back, Cross, Back, ¼ Touch, ½, Scuff**

1-2            Step Left Back to Left 45', Cross Right Over Left  
3&4            Step Left Back to Left 45', Cross Right Over Left, Step Left Back to Left 45'  
5-6            Making ¼ turn Right Step Right to Side, Touch Left Toe To Side (9:00)  
7&8            Making ½ Turn Left Step Down On Left, Scuff Right Forward (3:00)

**E[1-8]□□Forward, Lock, Forward, Lock, Forward, Forward, Tap, Back, ½**

1-2            Step Forward Right, Lock Left Behind Right  
3&4            Step Forward Right, Lock Left Behind Right, Step Forward Right  
5-6            Step Forward on Left, Tap Right Toe Behind Left Heel  
7-8            Step Back on Right, Making ½ Turn Left Step Forward on Left (9:00)

**F[1-8]□□Step, Spin, Walk, Walk, Step, Hold, And Lock, And Lock**

1-2            Step Forward on Right, Make A Full Turn Left On the Ball of Right Foot  
3-4            Walk Forward Left, Walk Forward Right  
5-6            Walk Forward Left, Hold  
&7-&8          Lock Right Behind Left, Step Forward on Left, Lock Right Behind Left, Step Forward on Left

**G[1-8]□□Step, Pivot, Roll, Recover, Walk, Walk, ¼ Shuffle**

1-2            Step Forward on Right, Pivot ½ Turn Left Leaving Weight on Right Foot (3:00)  
3-4            Roll Forward onto Left Foot, Recover Back on to Right  
5-6            Walk Forward Left, Walk Forward Right  
7&8            Making ¼ Turn Left Cross Left Over Right, Side Right, Cross Left Over Right (12:00)

**H[1-8]□□½ Shuffle, Rock, Recover, Behind, Side, Cross, ¼, ½**

1&2            Making ½ Turn Right Cross Right Over Left, Side Left, Cross Right Over Left (6:00)  
3-4            Rock Left to Left Side, Recover Side on Right

5&6            Cross Left Behind Right, Side Right, Cross Left Over Right  
7-8            Making  $\frac{1}{4}$  Left Step Back on Right, Making  $\frac{1}{2}$  Turn Left Step Forward on Left (9:00)  
&              Make  $\frac{1}{4}$  Left on Ball of Left Foot (6:00)

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