

# No Holding Back

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Kristen Flood (AUS) - August 2017  
音樂: There's Nothing Holdin' Me Back - Shawn Mendes : (Album: Illuminate - 3:19)



Start weight on L. Commence dance at 0:08 on lyrics - Clockwise

**(1-8) walk, walk, walk, touch, Diagonal step, touch, Diagonal step, touch**

1, 2, 3, 4      Walk R back, walk L back, walk R back, touch L next to R

5, 6, 7, 8      Step L fwd on L diagonal, touch R next to L, step R fwd on R diagonal, touch L next to R

**(9-16) side shuffle, rock, replace, side shuffle, rock, replace**

1 & 2, 3, 4      Step L to L side, step R next to L, step L to L side, rock R behind L, replace L fwd

5 & 6, 7, 8      Step R to R side, step L next to R, step R to R side, rock L behind R, replace R fwd

**(17-24) rock, replace, coaster step, rock replace, half shuffle**

1, 2, 3 & 4      Rock L fwd, replace R back, step L back, step R next to L, step R fwd (coaster step)

5, 6, 7 & 8      Rock R fwd, replace L back, making  $\frac{1}{2}$  R step R fwd (6:00), step L next to R, step R fwd (half shuffle)

**(25-32) heel switches, ball step touch, point, hold,  $\frac{1}{4}$  monterey, point, step**

1 & 2 & 3, 4      Touch L heel fwd, step L next to R, touch R heel fwd, step R ball next to L, step large step L fwd, touch R next to L

5, 6 & 7, 8 &      Point R toe to R side, hold, making  $\frac{1}{4}$  R step R next to L (3:00), point L toe to L side, step L next to R

**RESTART DANCE**

**No Tags Or Restarts! Enjoy**

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