

# Nothing Holdin' Me Back

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Nathan Gardiner (Scotland) May 2017

**Music:** There's Nothing Holdin' Me Back by 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

#### 1-2¼ 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,  $\frac{1}{4}$  L stepping R to R side, Step L to L side

**S6: Pivot  $\frac{1}{2}$  R,  $\frac{1}{2}$  R,  $\frac{1}{4}$  R Rock Out, Recover, Cross, Side L, Cross Shuffle**

- 1-2 Pivot  $\frac{1}{2}$  R,  $\frac{1}{2}$  R stepping back on L
- 3-4  $\frac{1}{4}$  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:  $\frac{1}{8}$  R, Together, Step Forward, R Lock Step, Rock Forward, Recover, Coaster Cross  $\frac{1}{8}$  L**

**&1-2  $\frac{1}{8}$  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,  $\frac{1}{8}$  L crossing L over R

**S8: Side R, Drag, Ball Cross, Side L, Rock Back, Recover,  $\frac{1}{4}$  L,  $\frac{1}{2}$  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  $\frac{1}{4}$  L stepping back on R,  $\frac{1}{2}$  L stepping forward on L**

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