

Don't Hold Back

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Robbie McGowan Hickie & Karl-Harry Winson (UK) May 2017

Music: "There's Nothing Holdin' Me Back" by Shawn Mendes. CD: "Illuminate (Deluxe)" iTunes & www.amazon.co.uk (120 bpm...)

Alt. music: "World Of Hurts" by Ilse DeLange (country)

SIDE, ROCK STEP, CHASSE, ROCK STEP, TURN 1/4, SHUFFLE

1L step to left side

2 - 3R step just behind L, L step in place

4 & 5R step to right side, L step next to R, R step to right side

6 - 7L step just in front of R, R step in place, turn ¼ left (facing 9.00)

8 & 1L step forward, R step just behind L, L step forward

ROCK STEP, SHUFFLE, ROCK STEP, STEP, STEP

2 - 3R step forward, L step in place

4 & 5R step backward, L step just in front of R, R step backward

6 - 7L step backward, R step in place

8 & L step forward, R step just behind L

SPOT 1/2 TURN (COUNTS 1-4&), STEP, ROCK STEP, STEP, STEP

1L step forward curving left (start turning ½ left)

2R step just behind L (still curving left)

3L step forward curving left

4R step just behind L (still curving left)

&L step forward (finish turning ½ left) (facing 3.00)

5R step to right side

6 - 7L step just behind R, R step in place

8 &L step forward, R step just behind L

SPOT 1/2 TURN (COUNTS 1-4&), STEP, ROCK STEP, STEPS WITH HIP BUMPS (2x)

1L step forward curving left (start turning ½ left)

2R step just behind L (still curving left)

3L step forward curving left

4R step just behind L (still curving left)

&L step forward (finish turning ½ left) (facing 9.00)

5R step to right side

6 - 7L step just behind R, R step in place

8L step to left side with hip bump left

&R step in place with hip bump right (put weight on R)

REPEAT FROM THE BEGINNING. ENJOY THE DANCE !

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