

Nothing Holdin' Me Back

64 Count, 4 Wall, Intermediate

Choreographer: Nathan Gardiner (UK) May 2017

Choreographed to: There's Nothing Holdin' Me Back by
Shawn Mendes

Intro:	16 counts
Section 1	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
Section 2	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
Section 3	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
Section 4	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
Section 5	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
Section 6	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
Section 7	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
Section 8	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	L stepping back on R, 1/2 L Stepping Forward on L
