

There's Nothing Holdin' Me Back

64 Count, 2 Wall, Intermediate

Choreographer: Sue Ann Ehmann (US) May 2017

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

Intro: 16 Counts (Lyrics)

Section 1: Samba, Cross, Ball, Cross, Side Rock-Recover, 3/4 Right Triple

1&2 Step right across left, rock left to side, recover right stepping slightly forward
3&4 Step left across right, ball step right to side, step left across right
5-6 Rock right to side, recover left
7&8 Turn 1/4 right stepping right to side, step left beside right, turn 1/2 right stepping right forward (9:00)

Section 2: Forward Rock-Recover, 1/2 Left Triple, Right Wizard, Left Wizard

1-2 Rock left forward, recover right
3&4 Turn 1/4 left stepping left to side, step right beside left, turn 1/4 left stepping left forward (3:00)
5-6& Step right diagonally forward, lock left behind right, step right diagonally forward
7-8& Step left diagonally forward, lock right behind left, step left diagonally forward

Section 3: Rock Forward, & Rock Forward, & Touch, Kick, & Touch, Kick

1-2 Rock right forward, recover left,
&3-4 Step right beside left, rock left forward, recover right
&5-6 Step left beside right, touch right beside left, kick right forward
&7-8 Step right beside left, touch left beside right, kick left forward

Section 4: Step, Cross, Brush/Sweep, 1/4 Right Sailor, Side Rock, Recover, & Side, Touch

&1-2 Step left beside right, step left across right, brush left beside right
3&4 Sweep left behind right, turning 1/4 right rock right to side, recover left to side (6:00)
5-6 Rock right to side, recover left
&7-8 Step right beside left, step left to side, touch right beside left

Section 5: Diagonal Step, Hold, Sailor Forward, Diagonal Step, Hold, Sailor Forward

1-2 Step right to forward right diagonal, hold
3&4 Drag left behind right, rock right to side, recover left diagonally forward
5-6 Step right to forward right diagonal, hold
7&8 Drag left behind right, rock right to side, recover left diagonally forward

Section 6: Cross, Back, Triple Diagonally Back, Cross, Back, 1/4 Left Triple

1-2 Step right across left, step left back
3&4 Step right diagonally back, step left beside right, step right diagonally back
5-6 Step left across right, step right back (squaring up to 12:00)
7&8 Turning 1/4 left step left to side, step right beside left, step left to side (3:00)

Section 7: Jazz Box, Rock, Recover, Coaster

1-4 Step right across left, step left back, step right to side, step left beside right
5-6 Rock right forward, recover left
7&8 Step right back, step left beside, right, step right forward

Section 8: Rock, Recover, Triple Full Turn Left, Right Vine 1/4 Step

1-2 Rock left forward, recover right
3&4 Make a full turn left stepping left, right, left in place (3:00)
5-8 Step right to side, step left behind right, turning 1/4 right step right forward, step left beside right (6:00)

Begin Again!