|  |  |
| --- | --- |
| Holdin Me Back |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Low Intermediate | . |
| **Choreographer:** | Mike Liadouze (FR) - May 2017 | | | | |
| **Music:** | There's Nothing Holdin' Me Back - Shawn Mendes | | | | |
| . | | | | | | |

**Introduction: 16 counts**

**[1-8] BACK, TOGETHER, C BUMP FORWARD WITH SHOULDER, ROCK STEP, SHUFFLE 1/4 L**

|  |  |
| --- | --- |
| 1-2 | Step RF back, step LF together |

|  |  |
| --- | --- |
| 3&4 | Toe Strut RF with hip bumps R ↗, L ↙, R ↘ shoulder popping down R, L, R |

|  |  |
| --- | --- |
| 5-6 | Rock step LF forward, recover on LF |

|  |  |
| --- | --- |
| 7&8 | ..1/4 turn L.. step LF side, step RF together, step LF side (9:00) |

**[9-16] SYNCOPATED ROCKS, TOUCH BEHIND, UNWIND FULL TURN, ARM MOUVEMENTS**

|  |  |
| --- | --- |
| &1-2 | Step RF together, rock step LF side, recover on RF |

|  |  |
| --- | --- |
| &3-4 | Step LF together, rock step RF side, recover on LF |

|  |  |
| --- | --- |
| 5-6 | Touch R toe behind LF, unwind ..7/8 turn R.. weight on RF cross over LF (7:30) |

|  |  |
| --- | --- |
| 7&8 | R hand on L shoulder, L hand on R shoulder, both hands on heart |

**[17-24] BIG STEP BACK, COASTER STEP, SLOW STEP WITH ROLL FORWARD, SHUFFLE FORWARD**

|  |  |
| --- | --- |
| 1-2 | ..7/8 turn R.. big step LF back, slide RF together pushing hands down (9:00) |

|  |  |
| --- | --- |
| 3&4 | Step RF back, step LF together, step RF forward |

|  |  |
| --- | --- |
| 5-6 | Touch L heel forward starting body roll up, step LF forward finishing body roll |

|  |  |
| --- | --- |
| 7&8 | Step RF forward, step LF together, step RF forward |

**[25-32] ROCK STEP, SHUFFLE 1/2 L, STEP TOUCH BEHIND, UNWIND FULL TURN, OUT OUT HITCH**

|  |  |
| --- | --- |
| 1-2 | Rock step LF forward, recover on RF |

|  |  |
| --- | --- |
| 3&4 | ..1/2 turn L.. LF forward, step RF together, step LF forward (3:00) |

|  |  |
| --- | --- |
| &5-6 | Step RF forward, touch L toe behind RF, unwind ..full turn L.. weight on LF (3:00) |

|  |  |
| --- | --- |
| 7&8 | Step RF diagonally forward, step LF diagonally forward, hitch R knee |

**Have Fun !! - Good Luck !!**

**Mike Liadouze (Last Update : 19/05/2017)**

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