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| Nothing Holding Me Back |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | David LECAILLON (FR) - July 2017 | | | | |
| **Music:** | There's Nothing Holdin' Me Back - Shawn Mendes | | | | |
| . | | | | | | |

**Start after 16 counts on lyrics**

**section 1 : rock back, walk x2 , side mambo, pivot ½ turn L , hitch**

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| 1-2 | step Rf back , recover onto Left |

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| 3-4 | step Rf foward , step Lf forward |

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| --- | --- |
| 5&6 | step Rf on Right side , recover onto Lf, step Rf forward |

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| 7-8 | pivot ½ turn Left on Rf , hitch Left 6:00 |

**section 2 : pivot ½ turn L step ,hold, R triple step forward , L rock forward, behind side cross ¼ turn R**

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| 1-2 | pivot ½ turn Left on Rf on place step Lf forward , hold 12:00 |

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| 3&4 | triple step Right forward (R,L,R) |

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| 5-6 | step Lf forward, recover onto Rf |

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| 7&8 | cross Lf behind Rf ¼ turn Right , step Rf on Right side, cross Lf over Rf 3:00 |

**section 3 : point R , hitch ¼ turn R, pivot ½ turn R step , hold, rock forward, triple step ½ turn L**

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| 1-2 | point Rf on Right side, hitch Right ¼ turn on Right 6:00 |

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| --- | --- |
| 3-4 | pivot ½ turn Right on place step Rf forward, hold 12:00 |

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| --- | --- |
| 5-6 | step Lf forward, recover onto Rf |

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| 7&8 | triple step ½ turn Left ( L,R,L) 6:00 |

**section 4 : R step pivot ½ turn L , triple step ½ turn L, walk back X2 , coaster step**

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| 1-2 | step Rf forward, pivot ½ turn Left 12:00 |

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| 3&4 | triple step ½ turn Left 6:00 |

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| 5-6 | walk Lf back, walk Rf back |

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| 7&8 | step Lf back , step Rf next to Lf, step Lf forward |

**section 5 : R Dorothy step , L Dorothy step , step pivot ½ turn L , kick ball touch**

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| --- | --- |
| 1-2& | step Rf on Right diagonal, lock Lf behind Rf, step Rf on Right diagonal |

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| 3-4& | step Lf on Left diagonal, lock Rf behind Lf , step Lf on Left diagonal |

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| 5-6 | step Rf forward, pivot ½ turn Left 12:00 |

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| 7&8 | kick Rf forward , step Rf on Right side , touch Lf next to Rf |

**section 6 : reverse rocking chair , and point ¾ turn, cross , side**

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| --- | --- |
| 1-2 | step Lf back, recover onto Rf |

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| --- | --- |
| 3-4 | step Lf forward, recover onto Rf |

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| --- | --- |
| &5-6 | step Lf back, point Rf back , ¾ turn Right finish body weight on Rf 9:00 |

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| 7-8 | cross Lf over Rf, step Rf on Right side |

**section 7 : cross shuffle, side rock, behind side cross, side step , touch ¼turn R**

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| 1&2 | cross Lf over Rf , step Rf on Right side , cross Lf over Rf |

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| --- | --- |
| 3-4 | step Rf on Right side, recover onto Lf |

|  |  |
| --- | --- |
| 5&6 | cross Rf behind Lf, step Lf on Left side , cross Rf over Lf |

|  |  |
| --- | --- |
| 7-8 | step Lf on Left side, ¼ turn Right touch Rf forward 12:00 |

**section 8 : step ¼ turn L , touch L ¼ turn L , kick ball touch , step touch , step ¼ turn L touch**

|  |  |
| --- | --- |
| 1-2 | ¼ turn Left step Rf on Right side , ¼ turn left touch Lf forward 6:00 |

|  |  |
| --- | --- |
| 3&4 | kick Lf forward , step Lf on Left side , touch Rf next to Lf |

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| --- | --- |
| 5-6 | step Rf on Right diagonal , touch Lf next to Rf |

|  |  |
| --- | --- |
| 7-8 | ¼ turn Left step LF, touch Rf next to Lf 3:00 |

**Start again with smile**

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