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| Holding Me Back |  |

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| **Count:** | 32 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Pam Goode (USA) - November 2019 |
| **Music:** | There's Nothing Holdin' Me Back - Shawn Mendes |
| . |

**#16 count intro**

**Step ball change x 3, L front mambo, R back mambo**

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| 1&2 | Step R forward, ball change LR |

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| --- | --- |
| &3&4 | Ball change LR, repeat |

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| --- | --- |
| 5&6 | Rock L forward, recover onto R, step together |

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| --- | --- |
| 7&8 | Rock R back, recover onto L, step together |

**Rock L, behind side cross, repeat O.S.**

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| --- | --- |
| 1-2 | Rock L side, recover onto R |

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| --- | --- |
| 3&4 | Cross step L behind R, step R side, cross step L over R |

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| --- | --- |
| 5-6 | Rock R side, recover onto L |

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| --- | --- |
| 7&8 | L Cross step R behind L, step L side, cross step R over L |

**L vaudeville, R vaudeville**

|  |  |
| --- | --- |
| 1-2 | Step L side, cross step R behind L |

|  |  |
| --- | --- |
| &3&4 | Step L side, heel R side, step R, cross step L over R |

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| --- | --- |
| 5-6 | L Step R side, cross step L behind R |

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| --- | --- |
| &7&8 | Step R side, heel L side, step L, cross step R over L |

**Syncopated jazz box, step R pivot ½, full CCW turn**

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| --- | --- |
| 1-2 | Step L, cross step R over L |

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| --- | --- |
| &3-4 | Step L back, step R, step L forward |

|  |  |
| --- | --- |
| 5-6 | Step R forward, pivot ½ turn L |

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| --- | --- |
| 7-8 | Step R, L while doing a full turn CCW |

**Contact: Scow13@gmail.com**