

Holdin' Me Back



Count: 96

Wall: 0

Level: Phrased Intermediate - Non-Country



Choreographer: Shane McKeever (N.IRE) - June 2017

Music: There's Nothing Holdin' Me Back - Shawn Mendes

Sequence: AABC AABC AABC

A: 32 counts

[1-9] Step LF to L Side, Step RF next to LF, Step LF Fwd, R Cha Cha Fwd, Rock LF Fwd, Sweep LF, L Rock, Recover, Side

- 1,2,3 Step LF to L side, Close RF to LF, Step LF fwd
- 4&5 Step RF fwd, close LF to RF, Step RF fwd
- 6,7 Rock LF fwd, recover weight to RF as you sweep LF from front to back
- 8&1 Rock LF behind RF, recover weight to RF, Step LF to L side

[10-16&] Hips R & L, Cha Cha to R, Hold, Close, Side, Cross Rock, Recover

- 2,3 Roll hips to R, Roll hips to L
- 4&5,6 Step RF to R side, Close LF to RF, Step RF to R side, Hold
- &7 Close LF to RF, Step RF to R side
- 8& Cross rock LF over RF, recover weight to RF

[17-25] Side Step (with leg lift), Cross, Full Spiral, Slide L to L Side, Hold, Hip bumps to L diagonal

- 1,2 Step LF to L side as you flick RF out to R side and continue to a hitch
- 3,4 Cross RF over LF, make a full spiral turn over L shoulder
- 5,6,7 Step LF a large step to L side (5), drag RF towards LF (6,7)
- 8,1 Touch RF to L diagonal (10.30) as you bump hips to R x 2

[26-32] Rock, Recover, Botafogo, Cross, ¼ Turn, ¼ Side, Close

- 2,3 Still facing 10.30, Rock RF back, Recover weight to LF
- 4&5 Squaring up to 12.00, Cross RF over LF, Rock LF to L side, Recover weight to RF, Cross LF over RF, make ¼ turn L stepping RF back (face 9.00)
- 6,7 Making ¼ Turn L (face 6.00), Step LF to L side, Close RF to LF
- 8& * when going in to Part B, just Step Lf to L Side on count 8

B: 32 counts

[1-8] Slide, Together & Hitch, Side, Shoulder Pops, Kick, Cross, Back, Side, Head and Arms L,R,L

- 1,2& Step RF to R side as you drag L toe towards RF (1), Close LF to RF as you hitch R knee (2), Step RF to R side (&)
- 3&4 Keep feet in place as you angle body to R diagonal (1.30) and pop shoulders forward L, R, L,
- &5&6 Kick LF fwd (to 12.00) (&), Cross LF over RF (5), Step RF back (&), Step LF to L side (6)
- &7&8 Keep feet in place – Put both hands on your head(&) Tilt head to L side(7) Repeat to R (&), Repeat to L (8)

[9-16] ¼ Turn, ½ Turn, Coaster step, Kick, Close, Side, Weave to R

- 1,2,3&4 Make ¼ turn R stepping RF fwd (3.00), Make ½ turn R stepping LF back (9.00), Step back on RF, Close LF to RF, Step RF fwd
- 5&6 Kick LF fwd, Close LF to RF, Step RF to R side
- 7&8 Cross LF behind RF, Step RF to R side, Cross LF over RF

[17-25] Step, Touch, ¼ Turn, ½ Turn, Back, Step Out Out, Knee Twist, Touch

- 1,2 Step RF to R side, Touch LF behind RF
- 3,4 Make ¼ turn L stepping LF fwd (6.00), Make a ½ turn L stepping RF back

5&6 Step LF back (5), Step RF to R side (&), Step LF to L side (6)
7&8 Twist R knee in, take weight to RF as you recover R knee, Touch LF behind RF

[25-32] □ Side, Body Circle, Close, Side, Heel Rocks, Coaster Step

1,2,3 Step the ball of the LF to the L side (1), Lower heel to floor as you bend both knees transferring weight to the RF (2,3)
&4 Close LF to RF, Step RF to R side
5&6& Rock L heel fwd, Recover, Rock L heel to L side, Recover
7&8 Step LF back, Close RF to LF, Step LF fwd

C: 32 counts □

[1-8] □ 2 x Botafogos, Mambo Step, Coaster Step

1&2 Cross RF over LF, Rock LF to L side, Recover weight to RF
3&4 Cross LF over RF, Rock RF to R side, Recover weight to LF
5&6 Rock RF fwd, Recover weight to LF, Step RF back
7&8 Step LF back, Close RF to LF, Step LF fwd

[9-16] □ 2 x ¼ Pivots (with hip rolls), Kick & Touch, Bend, Recover, Step

1,2 Step RF fwd, make ¼ turn L rolling hips from L to R, taking weight to LF (9.00)
3,4 Step RF fwd, make ¼ turn L rolling hips from L to R, taking weight to LF (6.00)
5&6 Kick RF fwd, Close RF to LF, Touch L toe fwd
7,8 Keeping feet in place, Bend both knees (7), Recover to standing taking weight to LF (8)

[17-24] □ 2 x Botafogos, Mambo Step, Coaster Step

1&2 Cross RF over LF, Rock LF to L side, Recover weight to RF
3&4 Cross LF over RF, Rock RF to R side, Recover weight to LF
5&6 Rock RF fwd, Recover weight to LF, Step RF back
7&8 Step LF back, Close RF to LF, Step LF fwd

[25-32] □ 2 x ¼ Pivots (with hip rolls), Kick & Touch, Bend, Recover, Step

1,2 Step RF fwd, make ¼ turn L rolling hips from L to R, taking weight to LF (9.00)
3,4 Step RF fwd, make ¼ turn L rolling hips from L to R, taking weight to LF (6.00)
5&6 Kick RF fwd, Close RF to LF, Touch L toe fwd
7,8 Keeping feet in place, Bend both knees (7), Recover to standing keeping weight on RF (8)
