Holding Me Back

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

1&2	Step R forward, ball change LR
&3&4	Ball change LR, repeat
5&6	Rock L forward, recover onto R, step together
7&8	Rock R back, recover onto L, step together

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

1-2	Rock L side, recover onto R
3&4	Cross step L behind R, step R side, cross step L over R
5-6	Rock R side, recover onto L
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
5-6	L Step R side, cross step L behind R
&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

1-2	Step L, cross step R over L
&3-4	Step L back, step R, step L forward
5-6	Step R forward, pivot ½ turn L
7-8	Step R, L while doing a full turn CCW

Contact: Scow13@gmail.com