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Holdin Me Back

32 Count, 4 Wall, Intermediate

Choreographer: Mike Liadouze (FR) May 2017

Choreographed to: There Is Nothing Holdin' Me Back by
Shawn Mendes

122 BPM

Intro: 16 counts

Section 1 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)

Section 2 Syncopated Rocks, Touch Behind, Unwind Full Turn, Arm Movements

&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

Section 3 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

Section 4 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!**