



Don't Hold Back

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Robbie McGowan Hickie & Karl-Harry Winson (UK) May 2017

Music: "There's Nothing Holdin' Me Back" by Shawn Mendes. CD: "Illuminate (Deluxe)" iTunes
& www.amazon.co.uk (120 bpm...)

#16 Count intro

S1: Forward Rock. & Touch. Hip Bumps. & Forward Rock. 2 x Walks Back (with Toe Fans).

1 – 2 Rock forward on Right. Rock back on Left.
&3 Step back on Right. Touch Left toe slightly forward.
&4 Bump Left hip up to Left Diagonal. Bring hips down. (Weight on Right)
&5 – 6 Step Left back to place. Rock forward on Right. Rock back on Left.
7 – 8 Walk back on Right turning Left toes out to Left. Walk back on Left turning Right toes out to Right.
Option: Counts 7 – 8 Above ... Walk back on Right. Walk back on Left.

S2: Right Sailor Step. Left Cross Rock. Chasse Left. Cross. Unwind Full Turn Left.

1&2 Cross Right behind Left. Step Left beside Right. Step Right to Right side.
3 – 4 Cross rock Left over Right. Rock back on Right.
5&6 Step Left to Left side. Close Right beside Left. Step Left to Left side.
7 – 8 Cross Right over Left. Unwind Full turn Left. (Weight on Right) (Facing 12 o'clock)

S3: Left Side Rock. & 1/4 Turn Right. 1/2 Turn Right. Right Coaster Step. Left Shuffle Forward.

1 – 2 Rock Left out to Left side. Recover weight on Right.
&3 Step ball of Left beside Right. Make 1/4 turn Right stepping forward on Right.
4 Make 1/2 turn Right stepping back on Left.
5&6 Step back on Right. Step Left beside Right. Step forward on Right.
7&8 Left shuffle forward stepping Left. Right. Left. (Facing 9 o'clock)

S4: Right Heel-Ball-Step Forward. Full Turn Left. Forward Rock. & Back-Back.

1&2 Touch Right heel forward. Step Right beside Left. Step forward on Left.
3 – 4 Make 1/2 Left stepping back on Right. Make 1/2 Left stepping forward on Left.
5 – 6 Rock forward on Right. Rock back on Left.
&7 – 8 Step Right beside Left. Step back on Left. Step back on Right.

S5: Left Sailor Step. Back Rock. Right Shuffle 1/4 Turn Right. Step. Pivot 1/4 Turn Right.

1&2 Cross Left behind Right. Step Right beside Left. Long step Left to Left side.
3 – 4 Rock back Right behind Left. Rock forward on Left.
5&6 Make 1/4 turn Right and Shuffle forward Right. Left. Right. (Facing 12 o'clock)
7 – 8 Step forward on Left. Pivot 1/4 turn Right. (Facing 3 o'clock)

S6: Ball-Side. Touch Across. Touch Out. Left Hitch-Ball-Cross. Side Step Left. Behind. 1/4 Turn. Step.

&1 Step ball of Left beside Right. Long step Right to Right side.
2 – 3 Touch Left toe across Right. Touch Left toe out to Left side.
4&5 Hitch Left knee across Right. Step ball of Left to Left side. Cross step Right over Left.
6 Step Left to Left side.
7&8 Cross Right behind Left. Make 1/4 turn Left stepping forward on Left. Step forward on Right.

S7: Forward Rock. & Step Pivot 1/4 Turn Left. Cross. 1/4 Turn Right. Right Shuffle 1/2 Turn Right.

1 – 2 Rock forward on Left. Rock back on Right. (Facing 12 o'clock)
&3 – 4 Step Left beside Right. Step forward on Right. Pivot 1/4 turn Left.
5 – 6 Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
7&8 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 6 o'clock)

S8: Forward Rock. & Step Back. Drag. & 2 x Walks Forward. Right Kick-Ball-Step Forward.

1 – 2 Rock forward on Left. Rock back on Right.
&3 – 4 Step Left beside Right. Big step back on Right. Drag Left towards and beside Right. (Weight on Right)
&5 – 6 Step Left beside Right. Walk forward on Right. Walk forward on Left.
7&8 Kick Right forward. Step ball of Right beside Left. Step forward on Left. (Facing 6 o'clock)

Start Again

Ending: Dance finishes End of Wall 6 ... Step forward on Right and Hold (Facing 12 o'clock)