



Kristen Flood

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No Holding Back

Choreographer: Kristen Flood, Sydney – August 2017
Song: There's Nothing Holdin' Me Back – 3min 19sec
Artist: Shawn Mendes
Album: Illuminate
Description: 32 count, 4 wall, Easy Intermediate Line Dance, 122BPM, Clockwise
YouTube: <https://youtu.be/ajFPQ5K8sss>

Start weight on L. Commence dance at 0:08 on lyrics

- (1-8) WALK, WALK, WALK, TOUCH, DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH**
1, 2, 3, 4 Walk R back, walk L back, walk R back, touch L next to R
5, 6, 7, 8 Step L fwd on L diagonal, touch R next to L, step R fwd on R diagonal, touch L next to R
- (9-16) SIDE SHUFFLE, ROCK, REPLACE, SIDE SHUFFLE, ROCK, REPLACE**
1 & 2, 3, 4 Step L to L side, step R next to L, step L to L side, rock R behind L, replace L fwd
5 & 6, 7, 8 Step R to R side, step L next to R, step R to R side, rock L behind R, replace R fwd
- (17-24) ROCK, REPLACE, COASTER STEP, ROCK REPLACE, HALF SHUFFLE**
1, 2, 3 & 4 Rock L fwd, replace R back, step L back, step R next to L, step R fwd (coaster step)
5, 6, 7 & 8 Rock R fwd, replace L back, making ½ R step R fwd (6:00), step L next to R, step R fwd (half shuffle)
- (25-32) HEEL SWITCHES, BALL STEP TOUCH, POINT, HOLD, ¼ MONTEREY, POINT, STEP**
1 & 2 & 3, 4 Touch L heel fwd, step L next to R, touch R heel fwd, step R ball next to L, step large step L fwd, touch R next to L
5, 6 & 7, 8 & Point R toe to R side, hold, making ¼ R step R next to L (3:00), point L toe to L side, step L next to R

RESTART DANCE

No tags or restarts! Enjoy ☺