

THERE'S NOTHING HOLDIN' ME BACK

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 Amazon Download (2017)
 Intermediate – Pop

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Sequence: Intro – A – B – C – D – A – B – C – D – B – A – C – D

Intro: Wait 16 beats – Left foot lead

PART A: (32 beats)

/ 2-- \	-(8) 1 Heel Toe Rooster -(8) 1 Simone	DS Htch(xf)S DS Ttch(xb)S DS DS(xf) RS(xb) RS(xf) L R L R L R LR LR &1 & 2 &3 & 4 &5 &6 &7 &8 DT(bk)Sl BrSl Ttch(xf)Sl Ttch(xf)Sl Ttch(o)Sl Ttch(xf)Sl DS RS L R L R L R L R L R L RL & 1 & 2 & 3 & 4 & 5 & 6 &7 &8
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PART B: (32 beats)

/ 2-- \	-(12) 1 Travel Extended -(4) 1 Triple (1/2R)	DS(fwd)/RT PS RS(fwd)/RT PS RS(fwd)/RT PS RS(fwd)/RT PS RS DS DS RS L R LR L RL R LR L RL R L RL &1 &2 &3 &4 &5 &6 &7 &8 &9 &10 &11 &12 DS DS DS RS R L R LR 1& &2 &3 &4
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PART C: (32 beats)

/ 2-- \	-(8) 1 Skuff & Look (4) 1 Stomp Double (4) 2 Double Double Rock -(4) 1 Vine Spin (1/2R)	DS Sk Hp S S Lk(1/4L) Lk(F/B) L R L RL &1 & 2 & 3 & 4 (p) Sto DS DS RS L R L RL & 1 &2 &3 &4 Dbl(f) Dbl(s) RS R R RL & 1 &2 DS DS(xb) RH Pvt(1/2R)S R L RL R &1 &2 &3 & 4
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PART D: (32 beats)

/	(8) 4 Crossover Tap Backs (1/4L)	DS DT(xf)Sl DT(o)(1/4L)Sl TpT(bk)S TpT(bk)S DS RS DrSl(chug) L R L R L R L R LR R &1 & 2 & 3 & 4 & 5 &6 &7 &8
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Repeat Part A: (1 Heel Toe Rooster, 1 Simone – 2x's).

Repeat Part B: (1 Travel Extended, 1 Triple (1/2R) – 2x's).

Repeat Part C: (1 Skuff & Look, 1 Stomp Double, 2 Double Double Rock, 1 Vine Spin (1/2R) – 2x's).

Repeat Part D: (4 Crossover Tap Backs (1/4L)).

Repeat Part B: (1 Travel Extended, 1 Triple (1/2R) – 2x's).

Repeat Part A: (1 Heel Toe Rooster, 1 Simone – 2x's).

Repeat Part C: (1 Skuff & Look, 1 Stomp Double, 2 Double Double Rock, 1 Vine Spin (1/2R) – 2x's).

Repeat Part D: (4 Crossover Tap Backs (1/4L)).

Abbreviations:

BrSl =Brush Slide

Dbl =Double

DrSl =Drag Slide

DS =Double Toe Step

DT =Double Toe

Hp =Hop

Htch =Heel Touch

Lk =Look

PS =Pull Step

Pvt =Pivot

RH =Rock Heel

RS =Rock Step

RT =Roll Toe

S =Step

Sk =Skuff

Sl =Slide or Heel Click

Sto =Stomp

TpT =Tap Toe

Ttch =Toe Touch

Other Abbreviations:

(1/4 L) =1/4 Turn Left

(1/2R) =1/2 Turn Right

(bk) =back

(f) =front

(fwd) =Forward

(F/B) =Front or Back

(o) =Out

(p) =Pause

(s) =Side

(xb) =Cross in Back

(xf) =Cross in Front