

There's Nothing Holding Me Back

LEVEL: Easy Intermediate **GENRE:** Pop
MUSIC: Shawn Mendes
CHOREO: Reia Grey
SPEED: Normal **LENGTH:** 3:16
SEQUENCE: A B C D A B C D A E C D
WAIT: 16 Beats

Quick Cues

Part A : (32 Beats)

8 Bonanza Flap
4 Joey (Rft)
4 Triple
16 REPEAT OPP FOOTWORK

Part B: (32 Beats)

8 Rock Slur
4 **2 Basic (DS XIF)**
2 Basketball Turn (1/2 R)
2 Basic
16 REPEAT OPP FOOTWORK & DIR

Part C: (32 Beats)

8 Donkey Basic
8 Samantha Double Up
16 REPEAT OPP FOOTWORK

Part D: (32 Beat)

8 Unclog Rocker (1/4 R)
24 REPEAT 3 TIMES

Part A: (32 Beats)

8 Bonanza Flap
4 Joey (Rft)
4 Triple
16 REPEAT OPP FOOTWORK

Part B: (32 Beats)

8 Rock Slur
4 **2 Basics (DS XIF)**
2 Basketball Turn (1/2 R)
2 Basic
16 REPEAT OPP FOOTWORK & DIR

Part C: (32 Beats)

8 Donkey Basic
8 Samantha Double Up
16 REPEAT OPP FOOTWORK

Quick Cues

Part D: (32 Beats)

8 Unclog Rocker (1/4 R)
24 REPEAT 3 TIMES

Part A : (32 Beats)

8 Bonanza Flap
4 Joey
4 Triple
16 REPEAT OPP FOOTWORK

Part E: (32 Beats)

8 Cowgirl
8 Swayback Doubles
16 REPEAT OPP FOOTWORK

Part C: (32 Beats)

8 Donkey Basic
8 Samantha Double Up
16 REPEAT OPP FOOTWORK

Part D: (33 Beats)

8 Unclog Rocker (1/4 R)
8 Unclog Rocker (1/4 R)
8 Unclog Rocker (1/4 R)
8 Unclog Rocker (1/4 R)
1 Touch in Back



Amended to ACA
Recommended Format
29 MAY 2022

Step Descriptions for: There's Nothing Holding Me Back

BONANZA FLAP

DS DS (XIF) DT H DT H DS (XIB) R (OTS) S (XIF) DR/LIFT-H-FL (OTS) S
L R L R L R L R L R R R L
&1 &2 & 3 & 4 &5 & 6 & 7 & 8

JOEY

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S
L R L R L R L R L
&1 & 2 & 3 & 4

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

ROCK SLUR

DS (OTS) SLR-S (XIB) R S (OTS) SLR-S (XIB) R S (OTS) SLR-S (XIB) RS BR SL
L R R L R L L R L R LR L R
&1 & 2 & 3 & 4 & 5 & 6 &7 & 8

BASIC (In this dance- may be DS (XIF))

DS RS
L RL
&1 &2

BASKETBALL TURN:

(P) S (FWD) PVT (1/2 R) S
L L R
& 1 & 2

DONKEY BASIC

DS TCH (XIF) SL TCH (F) SL R (BK) S R (OTS) S R (XIB) S DS RS
L R L R L R L R L R LR
&1 & 2 & 3 & 4 & 5 & 6s &7 &8

SAMANTHA DOUBLE UP

DS DS (XIF) DR S (BK) DR S (BK) RS DT H DS DT H
L R R L L R LR L R L R L
&1 &2 & 3 & 4 &5 & 6 &7 & 8

UNCLOG ROCKER (In this dance - Turn 1/4R on &5)

STA-STO SK SL STA-STO SK SL RS DS DS RS
L L R L R R L R LR L R LR
& 1 & 2 & 3 & 4 &5 &6 &7 &8

COWGIRL:

[DS DS DS BR SL] (FWD) [T-H RS] (BK) DS DS
L R L R L R R LR L R
&1 &2 &3 & 4 & 5 &6 &7 &8

SWAYBACK DOUBLES

DS DT (XIF) H DT (X) H T-H (BK) R (BK) S DS DS DS
L R L R L R-R L R L R L
&1 & 2 & 3 & 4 & 5 &6 &7 &8

TOUCH IN BACK:

(P) TT (XIB)
L
& 1