

# There's Nothing Holding Me Back

**LEVEL:** Easy Intermediate  
**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, Left Foot Lead

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## Quick Cues

### Part A : ( 32 Beats)

8 Bonanza Flap  
4 Joey (**Rft**)  
4 Triple  
**16 REPEAT- OPP FT**

### Part B: (32 Beats)

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

### Part C: (32 Beats)

8 Donkey Basic  
8 Samantha Double Up  
**16 REPEAT- OPP FT**

### 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 FT**

### Part B: (32 Beats)

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

### Part C: (32 Beats)

8 Donkey Basic  
8 Samantha Double Up  
**16 REPEAT- OPP FT**

## 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 FT**

### Part E: (32 Beats)

8 Cowgirl  
8 Swayback Doubles  
**16 REPEAT- OPP FT**

### Part C: (32 Beats)

8 Donkey Basic  
8 Samantha Double Up  
**16 REPEAT- OPP FT**

### 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 Toe Touch (**BK**)



Amended to ACA  
Recommended Format  
21 JAN 2020

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**Step Descriptions for: There's nothing holding me back**

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**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 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 (1/2R) S  
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 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 (XIF) SL] (FWD) [T-H RS] (BK) DS DS  
L R L R L R 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