

THERE'S NOTHING HOLDING ME BACK

Level: Intermediate
Artist: Shawn Mendes CD:Illuminate
Choreo: Rhythm Cloggers and Sun City Cloggers New Zealand
Speed: Normal or reduce as required Length: 3.19
Sequence: A B C D A B C D E F C D ENDING
Intro: Wait 16 beats

Quick Cues

PART A: (32 beats)

8 Samantha Step Up
8 Burton Turnaround (1/2R)
16 REPEAT

PART B: (32 beats)

8 Rock Slur
4 2 Flea Flicker
4 Double Basic & Pull Touch
8 Rock Slur
4 2 Flea Flicker
4 Hell Raiser

PART C: (32 beats)

12 Loop Fancy (1/2L)
4 Lori Rock Slide
16 REPEAT

PART D: (32 beats)

8 Flaps and Rocks
4 Slap Kick Out
4 Syncopated Joey
16 REPEAT OPP FOOTWORK

PART A: (32 beats)

8 Samantha Step Up
8 Burton Turnaround (1/2R)
16 REPEAT

PART B: (32 beats)

8 Rock Slur
4 2 Flea Flicker
4 Double Basic & Pull Touch
8 Rock Slur
4 2 Flea Flicker
4 Hell Raiser

Quick Cues

PART C: (32 beats)

12 Loop Fancy (1/2L)
4 Lori Rock Slide
16 REPEAT

PART D: (32 beats)

8 Flaps and Rocks
4 Slap Kick Out
4 Syncopated Joey
16 REPEAT OPP FOOTWORK

PART E: (32 beats)

8 Civic Rocker (3/4R)
4 Macnamara (R ft)
4 Crazy Legs Triple
16 REPEAT

PART F: [Facing Back] (32 beats)

8 Samantha Heel Pivot (3/4R)
8 MJ Kick
16 REPEAT

PART C: (32 beats)

12 Loop Fancy (1/2L)
4 Lori Rock Slide
16 REPEAT

PART D: (32 beats)

8 Flaps and Rocks
4 Slap Kick Out
4 Syncopated Joey
16 REPEAT OPP FOOTWORK

ENDING (1 beat)

1 Step (OTS)



Step Definitions - There's Nothing Holding Me Back

SAMANTHA STEP UP:

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

BURTON TURN AROUND:

DS DT (XIF) SL DT (X) SL [BA BA BA] (1/2 R) S-DR/K SL DS RS
L R L R L R L R L L /R L R LR
&1 & 2 & 3 & 4 & 5 & 6 &7 &8

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 R LR L R
&1 & 2 & 3 & 4 & 5 & 6 &7 & 8

FLEA FLICKER:

DT (OTS) SL DS (XIB)
L R L
& 1 &2

DOUBLE BASIC & PULL TOUCH:

DS DS R S (BK) PULL-TCH (BS)
L R L R L L
&1 &2 & 3 & 4

HELL RAISER:

DS-DR S (XIF) K/DR-SL K/DR-SL
L L R L/R R L/R R
&1 & 2 & 3 & 4

LORI ROCK SLIDE:

DS DT H RS BA-SL
L R L RL R R
&1 & 2 &3 & 4

LOOP FANCY:

DS-SL/LOOP-S (XIB) RS RS R [S (FWD) LOOP/SL] (1/4L) S (XIB) RS RS R [S (FWD) SL] (1/4L) S DS DS
L L/R R LR LR L R L/R L RL RL R L L R L R
&1 & 2 &3 &4 & 5 & 6 &7 &8 & 9 & 10 &11 &12

FLAPS AND ROCKS:

(P) S H-FL RS H-FL RS H-FL RS H-FL S
L R R LR L L RL R R LR L L R
& 1 & 2 &3 & 4 &5 & 6 &7 & 8 &

SLAP KICK OUT: (In this dance the 1st (P) & count is used by previous step)

(P) S SLAP H/K (OTS) RS SLAP H/K (OTS) BA
L R L/R RL R L/R R
& 1 & 2 &3 & 4 &

SYNCOATED JOEY: (In this dance the 1st (P) & count is used by previous step)

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

CIVIC ROCKER: (In this dance Pivot 3/4 R)

K/DR S (XIF) TCH (OTS) SL DS (XIF) SLR (REV) /PVT (1/2 R) S RS DS DS RS
L/R L R L R L / R L RL R L RL
& 1 & 2 &3 & 4 &5 &6 &7 &8

MACNAMARA:

BA (OTS) BA (XIB) BA (OTS) TCHH (OTS) BA (OTS) BA (XIB) BA (OTS) TCHH
R L R L L R L R
& 1 & 2 & 3 & 4

CRAZY LEGS TRIPLE:

DS (XIB) DS (XIB) DS (XIB) RS
R L R LR
&1 &2 &3 &4

SAMANTHA HEEL PIVOT: (In this dance Pivot 3/4 R)

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

MJ KICK:

DS DS (XIB) R S (OTS) (P) S (BK) RS DS RS K H
L R L R L RL R LR L R
&1 &2 & 3 & 4 &5 &6 &7 & 8

STEP:

(P) S
L
& 1