



THERE'S NOTHING HOLDING ME BACK



Artist: Shawn Mendes

Album: Illuminate (Deluxe)

Level: Intermediate/Pop

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Available for download on iTunes

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Wait 16 beats

PART A

Ohio Cross Pivot (*turn $\frac{1}{4}$ left*)

High Horse (*turn $\frac{1}{4}$ left*)

Repeat all steps to front

PART B

Rock Heel Combo (*moving forward*)

Back Brush Touch 2

Triple (*moving back*)

Repeat all steps with opposite footwork

CHORUS

Winnie

Eric Walk (*turn $\frac{1}{2}$ left*)

Repeat both steps to front

INSTRUMENTAL

Extended Boogie

Machine Gun Kick

Repeat both steps with opposite footwork

PART A

Ohio Cross Pivot (*turn $\frac{1}{4}$ left*)

High Horse (*turn $\frac{1}{4}$ left*)

Repeat all steps to front

PART B

Rock Heel Combo (*moving forward*)

Back Brush Touch 2

Triple (*moving back*)

Repeat all steps with opposite footwork

CHORUS

Winnie

Eric Walk (*turn $\frac{1}{2}$ left*)

Repeat both steps to front

INSTRUMENTAL

Extended Boogie

Machine Gun Kick

Repeat both steps with opposite footwork

PART C

Wendy's Kick

Karate Turn (*turn $\frac{1}{2}$ right*)

Triple (*turn $\frac{1}{4}$ right*)

Repeat all steps 3 more times to front

CHORUS

Winnie

Eric Walk (*turn $\frac{1}{2}$ left*)

Repeat both steps to front

INSTRUMENTAL

Extended Boogie

Machine Gun Kick

Repeat both steps with opposite footwork

ENDING

Stomp

STEPS TO "There's Nothing Holding Me Back"

Ohio Cross Pivot DS RS Rock Heel(w) Snap Step DS DS(xb) RS(xf) Pivot (turn $\frac{1}{4}$ left) Click (drop heels)
 L RL R L L R L R LR BOTH BOTH

High Horse DS DT(xf) DT(os) RS Ball Slide DS DS RS (turn $\frac{1}{4}$ left on first RS)
 L R R RL R R L R LR

Rock Heel Combo Rock Heel(w) Pull Step Rock Heel(w) Pull Step Rock Heel(w) Pull Step DS RS
 L R L L R L R R L R L L R LR

Back Brush Touch 2 DT(b) Brush Up Touch(xf) Touch(ux)
 L L L L

Triple DS DS DS RS
 L R L RL

Winnie Stomp DT(b) Brush Up Touch(xf) Touch(os) DS DT Twist Heel/Twist Chug
 L R R R R R L BOTH L/ R L

Eric Walk DS DT(os) Rock Heel(w) RS Heel Snap Heel Snap Heel Snap RS
 (turn $\frac{1}{2}$ left on DT) L R R L RL R R L L R R LR

Extended Boogie DS RS(xb) Heel Step RS Heel Step RS DS RS (moving right on the Heel Step RS's)
 L RL R L RL R L RL R LR

Machine Gun Kick DS DS(xf) Ball Slide DS(xb)/Break Heel Heel Chug DS Kick
 L R L L R / L L L L L R

Wendy's Kick DS Heel Touch(f) Tap Toe(b) DS(xb) Touch(os) DS(xf) Kick(xf) Kick(os)
 L R R R L L R R

Karate Turn DS Kick (turn $\frac{1}{2}$ right) Step Kick
 R L L R