

There's Nothing Holdin' Me Back

music: There's Nothing Holdin' Me Back (album: Illuminate (Deluxe))
artist: Shawn Mendes **level:** EZ-INT
choreo: Bianca Behrens (Bianca@clogging.de) **time:** 3:18 min
taught at: ECTA Clog Convention 2017 (Reilingen) **speed:** 124 bpm

sequence: A B C D A B C D* Bridge C END

Wait 16 beats, left foot lead

Part A (32 beats)

Spinner DS DS R H(w) (1/2R) S DS DS RS RS
& Fancy Dbl. L R L R L R L RL RL
&1 &2 &3 &4 &5 &6 &7 &8

Cowboy Turn DS DS DS BR UP/H DS(xif) RS RS RS (move fwd on beat 1-3),
R L R L L R L RL RL RL (turn 1/2R on beat 4-5)
&1 &2 &3 &4 &5 &6 &7 &8 (move fwd on beat 6-8)

Repeat "Spinner & Fancy Dbl." and "Cowboy Turn" opposite footwork & direction

Part B (32 beats)

2 Slur Basic DS SLR S(xib) DS RS
L R R L RL
R L L R LR
&1 &2 &3 &4

Rocking Chair DS BR UP/H DS RS DS DS DS RS
& Triple L R R L R LR L R L RL
&1 &2 &3 &4 &5 &6 &7 &8

Repeat "2 Slur Basic" and add

Rocking Chair DS BR UP/H DS RS DS DS DS KK UP/H
& Triple KK R L L R L RL R L R L L R
&1 &2 &3 &4 &5 &6 &7 &8

Part C (32 beats)

Turkey H(ots/w) FLP S(xib) DS RS DS DS RS RS
& Fancy Dbl. L L R L RL R L RL RL
1 &2 &3 &4 &5 &6 &7 &8

Soccer DS DT UP/H DS RS DS DS RS KK UP/H
& Fancy KK R L L R L RL R L RL R R L
&1 &2 &3 &4 &5 &6 &7 &8

Repeat all above opposite footwork & direction

Part D (32 beats)

Double Vine DS DS(xif) RS DS DS(xif) RS DS RS
L R LR L R LR L RL
&1 &2 &3 &4 &5 &6 &7 &8

Fancy Dbl. DS DS RS RS DS DS RS KK UP/H
& Fancy KK R L RL RL R L RL R R L
&1 &2 &3 &4 &5 &6 &7 &8

Repeat all above opposite footwork & direction

Part D* (32 beats)

Like Part D but instead of the last "Fancy Kick" do a "Fancy Double"

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Bridge (64 beats)

Rocking Chair DS BR UP/H DS RS DS RS DS RS
 & 2 Basic L R R L R LR L RL R LR
 &1 & 2 &3 &4 &5 &6 &7 &8

Rocking Chair DS BR UP/H DS RS DS SLR S(xib) DS BR UP/H
 & Slur Brush L R R L R LR L R R L R R L
 &1 & 2 &3 &4 &5 & 6 &7 & 8

Repeat all above opposite footwork & direction and add

Mountain Basic DS DT UP/H DS RS RS DS DS STO STO
 & Rocker L R R L R LR LR L R L R
 &1 & 2 &3 &4 &5 &6 &7 & 8

Mountain Basic DS DT UP/H DS RS DS SLR S(xib) DS BR UP/H
 & Slur Brush L R R L R LR L R R L R R L
 &1 & 2 &3 &4 &5 & 6 &7 & 8

Repeat "Mnt. Basic & Rocker" and "Mnt.Basic & Slur Brush" opposite footwork & direction

Ending (32 beats)

Like Part D but instead of the last "Fancy Kick" do

Double Basic DS DS RS S(xif & turn 1/1R)
 & Step&Turn L R LR L
 &5 &6 &7 8

sequence: A B C D A B C D* Bridge C END

V: 16.06.2017

There's Nothing Holdin' Me Back (Shawn Mendes)		EZ-INT
Bianca Behrens		124 bpm
(V: 16.06.2017) wait 16 beats		3:18
A	2x [Spinner (1/2R) - Fancy Dbl - Cowboy Turn (1/2R)] (of)	
B	2x [2 Slur Basic - Rocking Chair - Triple//Tr.KK] (of)	
C	2x [Turkey - Fancy Dbl - Soccer - Fancy KK] (of)	
D	2x [Double Vine - Fancy Dbl - Fancy KK] (of)	
A	2x [Spinner (1/2R) - Fancy Dbl - Cowboy Turn (1/2R)] (of)	
B	2x [2 Slur Basic - Rocking Chair - Triple//Tr.KK] (of)	
C	2x [Turkey - Fancy Dbl - Soccer - Fancy KK] (of)	
D*	2x [Double Vine - Fancy Dbl - Fancy KK//Fancy Dbl] (of)	
BR	2x [Rocking Chair - 2 Basic - Rocking Chair - Slur Brush] (of) 2x [Mnt. Basic - Rocker - Mnt. Basic - Slur Brush] (of)	
C	2x [Turkey - Fancy Dbl - Soccer - Fancy KK] (of)	
End	Double Vine - Fancy Dbl - Fancy KK Double Vine - Fancy Dbl - Dbl Basic - Step (xif) &Turn(1/1R)]	