



NOTHING HOLDIN' ME BACK

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Availability: Download *iTunes*

Time/Speed: 3:21 (45.0 RPM)

Recording: [There's Nothing Holdin' Me Back](#)

Artist: Shawn Mendes

Album: There's Nothing Holdin' Me Back (Acoustic) - Single (*Cut first 8 seconds*)

Phase/Rhythm: Phase IV+1+7 CH/HU/RB

Release Date: 07/17/2025

Plus/Unphased Figures: (Closed Hip Twist, Unphased Hustle Figures: Basic, Right Side Pass, Close, Release, Inside Underarm Turn, Wrap, Unwrap) Difficulty: Medium

Footwork: Man's footwork described ([woman's footwork in parentheses](#))

Sequence: Intro, A, B, C, D, A, B, C, A[MOD], C, A[MOD], C, End

Special thanks to Tom Hicks for having defined the footwork for the Hustle figures

INTRO: [RB]

1-9 (BFLY WALL) WAIT 1 MEAS; ½-BAS; FAN; HKY STK (FC WALL); CRB WLKS; FNC LIN; THRU SD CL;

- 1-2 **[BUTTERFLY POSITION FACING WALL LEAD FOOT FREE]** Wait 1 measure; **[½-BASIC]** Forward L, recover R, side L, -; (Back R, recover L, side R, -;)
- 3 **[FAN]** Back R, recover L leading W to commence LF turn, side R, -; (Forward L, turning LF step side & back R making ¼ turn, back R leaving R foot extended with no weight, -;)
- 4-5 **[HOCKEY STICK]** Forward L, recover R, close L, -; Back R, close L, forward R following W to face WALL, -; (Close R, forward L, forward R, -; Forward L, forward R turning ¾ LF under lead hands to face partner, back L to face COH, -;)
- 6-7 **[CRAB WALKS]** XLIF, side R, XLIF, -; Side R, XLIF, side R, -; (XRIF, side L, XRIF, -; Side L, XRIF, side L, -;)
- 8 **[FENCE LINE]** Cross lunge thru L with bent looking direction of lunge, recover R, side L facing W, -; (Cross lunge thru R with bent looking direction of lunge, recover L, side R facing M, -;)
- 9 **[THRU SIDE CLOSE]** Thru R in front of L, side L to Face W, close R, -; (Thru L in front of R, side R to face, close L, -;)

PART A: [RB]

1-7 CHS W/UNDRM PASS; SHLDR-SHLDR 2X; CHS W/UNDRM PASS; FNC LIN IN 4;

- 1-2 **[CHASE WITH UNDERARM PASS]** Forward L commencing ½ RF turn keeping lead hands joined, recover R, forward L, -; back R rising joined hands, recover L, side R, -; (Back R, recover L, forward R, -; forward L toward M's L side, forward R turning ½ LF under joined hands to face M, side L, -;)
- 3-4 **[SHOULDER-TO-SHOULDER 2X]** Forward placing L foot under W's armpit in Sidecar Position, recover R, side L, -; Forward placing R foot under W's armpit in Banjo Position, recover L, side R, -; (Back R to Sidecar Position, recover L to face, side R, -; Back L to Banjo Position, recover R to face, side L, -;)
- 5-6 **[CHASE WITH UNDERARM PASS]** Repeat Part A Measures 1-2;
- 7 **[FENCE LINE IN 4]** Cross lunge thru L with bent looking direction of lunge, recover R, side L facing W, recover R; (Cross lunge thru R with bent looking direction of lunge, recover L, side R facing M, recover L;)

PART B: [HU]

1-8 BAS; R SD PASS; CLOSE; RELEASE; BAS; INSD UNDRM PASS; WRAP; UNWRAP (BFLY);

- 1 **[BASIC]** Back L, recover R, in place L, in place R; (Forward R, recover L, in place R, in place L;)
- 2 **[RIGHT SIDE PASS]** Back L, forward XRIF slightly off track, forward L commencing RF turn passing W's right side, XRIF completing ½ turn; (Back R, forward L commencing RF turn passing M's right side, forward R completing ½ turn, back L;)
- 3 **[CLOSE]** Back L, forward XRIF, forward L turning ¼ RF, close R to "L" position; (Back R, forward L, forward R commencing RF turn, continue turn back L to "L" position;)
- 4 **[RELEASE]** Side L, recover R, XLIF turning ¼ LF, side & back R; (Back R, forward L commencing LF turn, continuing LF turn side & back R, completing ½ LF turn side & back L;)
- 5 **[BASIC]** Repeat Part B Measure 1;
- 6 **[INSIDE UNDERARM PASS]** Back L, forward XRIF raising lead hands, forward L commencing RF turn passing W's right side, XRIF completing ½ RF turn and lower hands to ; (Back R, forward L, forward R commencing LF turn under lead hands, completing ½ LF turn back L;)
- 7 **[WRAP]** Back L, forward XRIF raising lead hands, forward L turning W LF under joined hands to wrapped position, close R; (Back R, forward L, forward R turning ½ LF, back L to ;)
- 8 **[UNWRAP]** Back L raising lead hands leading W forward, close R turning W RF to unwrap raised hands, in place L, in place R turning W ½ RF to ; (Forward R commencing RF turn, side L small step completing ½ RF turn, close R, in place L;)



PART C: [CH]

- 1-8 BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;; SWTCH-X; CUCA; BAS (CP);;
 1-2 **[BREAK TO OPEN WITH TRIPLE CHAS]** XLIB, recover forward R to OP LOD, forward L/lock L in back of R, forward L; (XRIB, recover forward L to OP LOD, forward R/lock L in back of R, forward R;)
 3-4 **[AIDA WITH TRIPLE CHAS BACK]** Forward R turning RF, side L continuing RF turn, back R/lock L in front of R, back R; (Forward L turning LF, side R continuing LF turn, back L/lock R in front of left, back R;)
 5 **[SWITCH CROSS]** Turning LF to face W side L checking, recover R, XLIF/side R, XLIF; (Turning RF to face M side R checking, recover L, XRIF/side L, XRIF;)
 6 **[CUCARACHA]** Side R, recover L, close R/in place L, in place R; (Side L, recover R, close L/in place R, in place L;)
 7-8 **[BASIC]** Forward L, recover R, side L/close R, side L; Back R, recover L, side R/close L, side R; (Back R, recover L, side R/close L, side R; Forward L, recover R, side L/close R, side L;)

PART D: [RB]

- 1-9 CL HIP TWST; FAN; START HKY ST; 2 HIP RKS; FIN HKY STK (FC); CHASE;,,,;
 1 **[CLOSED HIP TWIST]** Check side & forward L, recover R, close L leading W to swivel ¼ RF, -; (Swivel up to ½ RF back R, recover L swiveling up to ⅝ LF, small forward R swiveling hips ¼ toward LOD, -;)
 2 **[FAN]** Repeat Intro Measurer 3;
 3 **[START HOCKEY STICK]** Repeat Intro Measure 4;
 4 **[2 HIP ROCKS]** Shifting weight to R, -, shifting weight back to L-; (Shifting weight to L, -, shifting weight back to R, -;)
 5 **[FINISH HOCKEY STICK]** Repeat Intro Measure 5;
 6-9 **[CHASE]** Forward L turning ½ RF, recover R, forward L, -; Forward R turning ½ LF, recover L forward R, -; Forward L, recover R, back L-; Back R, recover L, forward R-; (Back R, recover L, forward R, -; forward L turning ½ RF, recover R, forward L, -; forward R turning ½ LF-; forward L, recover R, back L, -;)

REPEAT PART A: [RB]

CHS W/UNDRM PASS;; SHLDR-SHLDR 2X;; CHS W/UNDRM PASS;; FNC LIN IN 4;

REPEAT PART B: [HU]

BAS; R SD PASS; CLOSE; RELEASE; BAS; INSD UNDRM PASS; WRAP; UNWRAP (BFLY);

REPEAT PART C: [CH]

BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;; SWTCH; CUCA; BAS (BFLY);;

PART A[MOD]: [RB]

- 1-8 CHS W/UNDRM PASS;; SHLDR-SHLDR 2X;; CHS W/UNDRM PASS;; FNC LIN 2X;;
 1-6 **[CHASE WITH UNDERARM PASS, SHOULDER-TO-SHOULDER 2X, AND CHASE WITH UNDERARM PASS]** Repeat Part A Measures 1-6 ending in ;;
 7-8 **[FENCE LINE 2X]** Cross lunge thru L with bent looking direction of lunge, recover R, side L facing W, -; Cross lunge thru R with bent looking direction of lunge, recover L, side R facing W, -; (Cross lunge thru R with bent looking direction of lunge, recover L, side R facing M, -; Cross lunge thru L with bent looking direction of lunge, recover R, side L facing M, -;)

REPEAT PART C: [CH]

BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;; SWTCH; CUCA; BAS (BFLY);;

REPEAT PART A[MOD]: [RB]

CHS W/UNDRM PASS;; SHLDR-SHLDR 2X;; CHS W/UNDRM PASS;; FNC LIN 2X;;

REPEAT PART C: [CH]

BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;; SWTCH; CUCA; BAS (BFLY);;

END:

- 1 APT;
 1 **[APART]** Back & side L, -, -, -; (Back & side R, -, -, -;)



HEAD CUES:

Intro (RB):

WAIT 1 MEAS; ½-BAS TO FAN;; HKY STK (FC);;
CRB WLKS;; FNC LIN; THRU SD CL;

Part A (RB):

CHS W/UNDRM PASS;; SHLDR-SHLDR 2X;;
CHS W/UNDRM PASS;; FNC LIN IN 4;

Part B (HU):

BAS; R SD PASS; CLOSE; RELEASE;
BAS; INSD UNDRM PASS; WRAP; UNWRAP;

Part C (CH):

BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;;
SWTCH-X; CUCA; BAS (CP);;

Part D (RB):

CL HIP TWST; FAN; START HKY STK; 2 HIP RKS;
FIN HKY STK (FC); CHASE;;;

Part A (RB):

CHS W/UNDRM PASS;; SHLDR-SHLDR 2X;;
CHS W/UNDRM PASS;; FNC LIN IN 4;

Part B (HU):

BAS; R SD PASS; CLOSE; RELEASE;
BAS; INSD UNDRM PASS; WRAP; UNWRAP;

Part C (CH):

BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;;
SWTCH-X; CUCA; BAS;;

Part A_{MOD} (RB):

CHS W/UNDRM PASS;; SHLDR-SHLDR 2X;;
CHS W/UNDRM PASS;; FNC LIN 2X;;

Part C (CH):

BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;;
SWTCH-X; CUCA; BAS;;

Part A_{MOD} (RB):

CHS W/UNDRM PASS;; SHLDR-SHLDR 2X;;
CHS W/UNDRM PASS;; FNC LIN 2X;;

Part C (CH):

BRK TO OP W/TRPL CH;; AIDA W/BK TRPL CH;;
SWTCH-X; CUCA; BAS;;

End:

APT;

Listen to a full version of the music [here](#) (remember to disregard first 8 seconds of YouTube recording).