

Ain't Holding Back

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Lisa Hamilton (USA) - September 2026

Music: Ain't Holding Back - Rosie & the Revival



Tags/Restarts: None

SECTION 1: RIGHT VINE, LEFT ROLLING VINE, ¼ TURN

- 1-4 Step right foot (RF) to right side, cross left foot (LF) behind RF, step RF to right side, touch LF beside RF
- 5-8 Turn ¼ L stepping LF towards 9:00, turn ¼ L stepping RF towards 6:00, turn ½ L stepping LF towards 12:00, Turn ¼ L stepping RF towards 9:00, ending with weight on RF

SECTION 2: BACK SLIDE, WEIGHT CHANGE, HIP BUMP, KICK-BALL-CHANGE, POINT, ½ TURN

- 1-2 Push off RF and take big step back on LF, drag RF close next to LF, hold
- 3 Step/transfer weight onto RF
- 4 Bump L hip to left
- 5&6 Kick LF forward, step LF beside RF, point RF out to R side
- 7-8 Cross R over L, turn ½ to face 3:00, end with weight on RF

SECTION 3: L KICK FORWARD, L KICK SIDE, COASTER STEP, DIAGONAL STEP-DRAGS

- 1-2 Kick LF forward, kick LF to left side
- 3&4 LF steps back, RF steps besides LF, LF steps forward
- 5-6 Step RF forward to right diagonal, drag/touch LF beside RF
- 7-8 Step LF forward to left diagonal, drag/touch RF beside LF

SECTION 4: R OUT, L OUT, HIP ROLL/SHAKE, BACK SHUFFLE, ½ TURN, HITCH

- 1-2 Step RF to right side, step LF to left side
- 3&4 Roll/shake hips
- 5&6 Step RF back, step LF beside RF, step RF back
- 7 Turn ½ L stepping LF towards 9:00
- 8 Hitch R knee

START AGAIN & ENJOY!
