

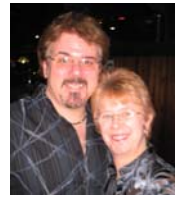
Holding Back The Ocean

Choreographed by Peter Metelnick & Alison Biggs, August 2006

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4 wall – 64 count intermediate line dance (non-phrased)

Music: Holding Back The Ocean – Rockie Lynne (start on vocals), from the CD Rockie Lynne



1-8 R cross rock/recover, R side shuffle, L cross rock/recover, L ball cross, L side

- 1-2 R cross rock, recover weight on L
- 3&4 Step R to side, step L together, step R to side
- 5-6 L cross rock, recover weight on R
- &7-8 Step L back, R cross step, step L side

9-16 R rock back/recover, R fwd shuffle, L fwd, touch R together, R back shuffle

- 1-2 Rock R back, recover weight on L
- 3&4 Step R forward, step L together, step R forward
- 5-6 Step L forward, touch R together
- 7&8 Step R back, step L together, step R back

17-24 ¾ turn L, L rock back/recover, L side shuffle, R rock back/recover

- 1-4 Turning ½ left step L forward, turning ¼ left step R to side, rock L back, recover weight on L
- 5&6 Step L to side, step R together, step L to side
- 7-8 Rock R back, recover weight on L

25-32 ½ L hinge turn, R cross shuffle, L side, R touch together, R ball cross, R side

- 1-2 Turning ¼ left step R back, turning ¼ left step L to side
- 3&4 Cross step R over L, step L to side, cross step R over L
- 5-6 Step L to side, touch R together
- &7-8 Step R back, cross step L over R, step R to side



33-40 L rock back/recover, ½ R & L back, R together, L fwd lock, L fwd locking shuffle

- 1-4 Rock L back, recover weight on R, turning ½ R step L back, step R together
- 5-6 Step L forward, lock R behind L
- 7&8 Step L forward, lock R behind L, step L forward (*turn toes out to L diagonal to prep turn*)

41-48 ¾ turn L, R cross rock/recover, R side shuffle, weave R 2

- 1-4 Turning ½ left step R back, turning ¼ left step L to side, cross rock R over L, recover on L
- 5&6 Step R to side, step L together, step R to side
- 7-8 Cross step L over R, step R to side

49-56 ¼ L turning coaster step (aka 'toaster' step), walk/skate fwd 2, R jazz box/cross

- 1&2 Turning ¼ left step L back, step R together, step L forward
- 3-4 Step R forward, step L forward (*or skate forward 2*)
- 5-8 Cross step R over L, step L back, step R to side, cross step L over R

57-64 Vine R 2, ¼ R & R fwd, L fwd, ¼ R pivot turn, L cross step, ½ L hinge turn

- 1-4 Step R to side, cross step L behind R, turning ¼ right step R forward, step L forward
- 5-8 Pivot ¼ right, cross step L over R, turning ¼ left step R back, turning ¼ left step L to side

Ending: You will get as far as count 56 – the jazz box cross. Cross R over L and unwind ½ to front wall.