

Holding Back The Ocean

Choreographed by Peter Metelnick & Alison Biggs
Description: 64 count, 4 wall, intermediate line dance
Music: Holding Back The Ocean by Rockie Lynne

RIGHT CROSS ROCK RECOVER, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK/RECOVER, LEFT BALL CROSS, LEFT SIDE

- 1-2 Right cross rock, recover weight on left
- 3&4 Step right to side, step left together, step right to side
- 5-6 Left cross rock, recover weight on right
- &7-8 Step left, back, right cross step, step left side

RIGHT ROCK BACK/RECOVER, RIGHT FORWARD SHUFFLE, LEFT FORWARD, TOUCH RIGHT TOGETHER, RIGHT BACK SHUFFLE

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

¾ TURN LEFT, LEFT ROCK BACK/RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK BACK RECOVER

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

½ LEFT HINGE TURN, RIGHT CROSS SHUFFLE, LEFT SIDE, RIGHT TOUCH TOGETHER, RIGHT BALL CROSS, RIGHT SIDE

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

LEFT ROCK BACK/RECOVER, ½ RIGHT & LEFT BACK, RIGHT TOGETHER, LEFT FORWARD LOCK, LEFT FORWARD LOCKING SHUFFLE

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

¾ TURN LEFT, RIGHT CROSS ROCK RECOVER, RIGHT SIDE SHUFFLE, WEAWE RIGHT 2

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

¼ LEFT TURNING COASTER STEP (AKA 'TOASTER' STEP), WALK/SKATE FORWARD 2, RIGHT JAZZ BOX CROSS

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

VINE RIGHT 2, ¼ RIGHT & RIGHT FORWARD, LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT CROSS STEP, ½ LEFT HINGE TURN

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

REPEAT

ENDING

You will get as far as count 56 (the jazz box cross). Cross right over left and unwind ½ to front wall