

HOLDING BACK THE OCEAN

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Peter Metelnick & Alison Biggs

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** Cross/rock right over left, recover on left
- 3&4** Step right to side, step left together, step right to side
- 5-6** Cross/rock left over right, recover on right
- &7-8** Step left back, cross right over left, step left to side

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

- 1-2** Rock right back, recover 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

TURN $\frac{3}{4}$ LEFT, LEFT ROCK BACK/RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK BACK RECOVER

- 1-4** Turn $\frac{1}{2}$ left and step left forward, turn $\frac{1}{4}$ left and step right to side, rock left back, recover on right
- 5&6** Step left to side, step right together, step left to side
- 7-8** Rock right back, recover on left

$\frac{1}{2}$ LEFT HINGE TURN, RIGHT CROSS SHUFFLE, LEFT SIDE, RIGHT TOUCH TOGETHER, RIGHT BALL CROSS, RIGHT SIDE

- 1-2** Turn $\frac{1}{4}$ left and step right back, turn $\frac{1}{4}$ left and step left to side
- 3&4** Cross right over left, step left to side, cross right over left
- 5-6** Step left to side, touch right together
- &7-8** Step right back, cross 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 on right, turn ½ right and 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 toe out to left diagonal to prep turn

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

- 1-4** Turn ½ left and step right back, turn ¼ left and 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 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** Turn ¼ left and step left back, step right together, step left forward
- 3-4** Step right forward, step left forward

Or skate forward twice

- 5-8** Cross right over left, step left back, step right to side, cross left over right

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

- 1-4** Step right to side, cross left behind right, turn ¼ right and step right forward, step left forward
- 5-8** Turn ¼ right (weight to right), cross left over right, turn ¼ left and step right back, turn ¼ left and 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