

HOLDING BACK THE OCEAN [Amended]

Count: 64. Wall: 4. Level: Intermediate

Choreographer: Peter Metelnick (GBR) & Alison Biggs (GBR)

Music: *Holding Back the Ocean* by Rockie Lynne. Album: Rockie Lynne

INTRO: 16 count. Weight on L. Two Restarts.

CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS, ROCK-&-CROSS, SIDE

- 1,2 Cross Rock R over L, Recover onto L
- 3&4 Step R to right, Step L beside R, Step R to right
- 5,6 Cross Rock L over R, Recover onto R
- &7,8 Step L beside R, Cross R over L, Step L to left

BACK, ROCK, SHUFFLE, STEP, TOUCH, SHUFFLE BACK

- 1,2 Rock R back, Recover onto L
- 3&4 Step R forward, Step L beside R, Step R forward
- 5,6 Step L forward, Touch R beside L

TAG and RESTART: Wall 3 – see below

- 7&8 Step R back, Step L beside R, Step R back

TAG and RESTART: Wall 6 – see below

1/2 LEFT, 1/4 LEFT, BACK, ROCK, CHASSE LEFT, BACK, ROCK

- 1-4 Turn ½ left step L forward, Turn ¼ left step R to right, Rock L back, Recover onto R

ENDING: Wall 8 – see below

- 5&6 Step L to left, Step R beside L, Step L to left
- 7,8 Rock R back, Recover onto L [**3:00**]

1/4 LEFT, 1/4 LEFT, CROSS SHUFFLE, SIDE, TOUCH-&-CROSS, SIDE

- 1,2 Turn ¼ left step R back, Turn ¼ left step L to left
- 3&4 Cross R over L, Step L to left, Cross R over L
- 5,6 Step L to left, Touch R beside L
- &7,8 Step R back, Cross L over R, Step R to right [**9:00**]

MAMBO BACK 1/2 RIGHT, TOGETHER, STEP, LOCK, STEP-LOCK-STEP

- 1-4 Rock L back, Recover onto R, Turn ½ right step L back, Step R beside L
- 5,6 Step L forward, Lock R behind L
- 7&8 Step L forward, Lock R behind L, Step L forward [**3:00**]

1/2 LEFT, 1/4 LEFT, CROSS, ROCK, CHASSE RIGHT, CROSS, SIDE

- 1-4 Turn ½ left step R back, Turn ¼ left step L to left, Cross Rock R over L, Recover onto L
- 5&6 Step R to right, Step L beside R, Step R to right
- 7,8 Cross L over R, Step R to right [**6:00**]

1/4 LEFT COASTER BACK, WALK, WALK, JAZZ BOX, CROSS

- 1&2 Turn ¼ left step L back, Step R beside L, Step L forward
- 3,4 Step R forward, Step L forward (**or skate, skate**)
- 5-8 Cross R over L, Step L back, Step R to right, Cross L over R [**3:00**]

VINE 1/4 RIGHT, STEP, PIVOT 1/4 RIGHT, CROSS, 1/4 LEFT, 1/4 LEFT

- 1-4 Step R to right, Step L behind R, Turn ¼ right step R forward, Step L forward
- 5-8 Pivot ¼ right, Cross L over R, Turn ¼ left step R back, Turn ¼ left step L to left [**3:00**]

64 REPEAT

CONTINUED OVER

TAGS and RESTARTS:

During Wall 3 dance to count 14 then: BACK, TOUCH and Restart facing 6:00

During Wall 6 dance to count 16 then: SLOW COASTER BACK, SCUFF, Restart facing 12:00

ENDING: Dance to count 20 then:

1/8 LEFT COASTER BACK

5&6 Turn $\frac{1}{8}$ left step L back, Step R beside L, Step L forward