

HOLDING BACK THE OCEAN

Count: 32. Wall: 4. Level: Beginner

Choreographer: Karen Lee (TWN) - April 2025

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

INTRO: 16 count, Weight on L. No Tags, One Restart.

VINE RIGHT, TOUCH, VINE LEFT, BRUSH

1-4 Step R to right, Step L behind to R, Step R to right, Touch L beside R

5-8 Step L to left, Step R behind to L, Step L to left, Brush R forward

ROCKING CHAIR, MAMBO 1/4 RIGHT, POINT

1-4 Rock R forward, Recover onto L, Rock R back, Recover onto L

RESTART: Wall 5 – see below

5-8 Rock R forward, Recover onto L, Turn ¼ right step R to right, Point L to left **[3:00]**

ROCKING CHAIR, MAMBO 1/4 LEFT, BRUSH

1-4 Rock L forward, Recover onto R, Rock L back, Recover onto R

5-8 Rock L forward, Recover onto R, Turn ¼ left step L to left, Brush R forward **[12:00]**

JAZZ BOX, CROSS, MONTEREY 1/4 RIGHT

1-4 Step R forward, Step L back, Step R to right, Cross L over R

5-8 Point R to right, Turn ¼ right step R beside L, Point L to left, Step L beside R **[3:00]**

32 REPEAT

RESTART: During Wall 5, dance to count then:

MAMBO 1/4 RIGHT, CROSS

5-8 Rock R forward, Recover onto L, Turn ¼ right step R to right, Cross L over R

and Restart facing 3:00