

HOLDING BACK THE OCEAN

Count: 64. **Wall:** 4. **Level:** Intermediate

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

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

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

ROCK BACK, RECOVER, 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
- 7&8 Step R back, Step L beside R, Step R back

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

- 1-4 Turn $\frac{1}{2}$ left step L forward, Turn $\frac{1}{4}$ left step R to right, Rock L back, Recover onto R
- 5&6 Step L to left, Step R beside L, Step L to left
- 7,8 Rock R back, Recover onto L

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

- 1,2 Turn $\frac{1}{4}$ left step R back, Turn $\frac{1}{4}$ 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

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

- 1-4 Rock L back, Recover onto R, Turn $\frac{1}{2}$ 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

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

- 1-4 Turn $\frac{1}{2}$ left step R back, Turn $\frac{1}{4}$ 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

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

- 1&2 Turn $\frac{1}{4}$ 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

ENDING: see below

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 $\frac{1}{4}$ right step R forward, Step L forward
- 5-8 Pivot $\frac{1}{4}$ right, Cross L over R, Turn $\frac{1}{4}$ left step R back, Turn $\frac{1}{4}$ left step L to left

64 REPEAT

ENDING: Dance to count 56 then:

CROSS, UNWIND 1/2 LEFT

- 1,2 Cross R over L, Unwind $\frac{1}{2}$ left