



# HOLDING BACK THE OCEAN

Choreographed by Peter Metelnick & Alison Biggs

64 Count, 4 Wall, Intermediate level line dance

Music: Holding Back The Ocean by Rockie Lynne

Contact Information: [info@thedancefactoryuk.co.uk](mailto:info@thedancefactoryuk.co.uk)



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## Start on vocals

### **1-8 R cross rock/recover, R side shuffle, L cross rock/recover, L ball cross, L side**

- 1 - 2 R cross rock, recover weight on L
- 3 & 4 Step R to side, step L together, step R to side
- 5 - 6 L cross rock, recover weight on R
- & 7 - 8 Step L back, R cross step, step L side

### **9-16 R rock back/recover, R fwd shuffle, L fwd, touch R together, R back shuffle**

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

### **17-24 3/4 turn L, L rock back/recover, L side shuffle, R rock back/recover**

- 1 - 4 Turning 1/2 left step L forward, turning 1/4 left step R to side, rock L back, recover weight on L
- 5 & 6 Step L to side, step R together, step L to side
- 7 - 8 Rock R back, recover weight on L

### **25-32 1/2 L hinge turn, R cross shuffle, L side, R touch together, R ball cross, R side**

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

### **33-40 L rock back/recover, 1/2 R & L back, R together, L fwd lock, L fwd locking shuffle**

- 1 - 4 Rock L back, recover weight on R, turning 1/2 R step L back, step R together
- 5 - 6 Step L forward, lock R behind L
- 7 & 8 Step L forward, lock R behind L, step L forward (turn toes out to L diagonal to prep turn)

### **41-48 3/4 turn L, R cross rock/recover, R side shuffle, weave R 2**

- 1 - 4 Turning 1/2 left step R back, turning 1/4 left step L to side, cross rock R over L, recover on L
- 5 & 6 Step R to side, step L together, step R to side
- 7 - 8 Cross step L over R, step R to side

### **49-56 1/4 L turning coaster step (aka 'toaster' step), walk/skate fwd 2, R jazz box/cross**

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

### **57-64 Vine R 2, 1/4 R & R fwd, L fwd, 1/4 R pivot turn, L cross step, 1/2 L hinge turn**

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

**Ending: You will get as far as count 56 - the jazz box cross. Cross R over L and unwind 1/2 to front wall.**

(Originally taught by Elysium Dance Designs November 2006)

