

Holding Back The Ocean

64 count, 4 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs (August 2006)

Choreographed to: "Holdings Back The Ocean" by Rockie Lynne, CD Rockie Lynne, start on vocals

Section 1 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

Section 2 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

Section 3 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

Section 4 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

Section 5 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)

Section 6 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

Section 7 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

Section 8 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.*

Quelle:

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