

# Holding Back The Ocean

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Susanne Mose Nielsen (DK)

Musik: Holding Back the Ocean - Rockie Lynne



## **SIDE ROCK, CROSS SHUFFLE, VINE LEFT, CROSS**

1-2 Step right to right side, recover on left

3&4 Cross right over left, step left to left, step right over left

5-8 Step left to left, step right behind left, step left to left, cross right over left

**Options: instead of vine: step left to left, step right next to left, step left to left, step right next to left**

## **SIDE ROCK, CROSS SHUFFLE, VINE RIGHT, CROSS**

9-10 Step left to left side, recover on right

11&12 Cross left over right, step right to right, step left over right

13-16 Step right to right, step left behind right. Step right to right, step left over right

**Options: instead of vine: step right to right, step left next to right, step right to right, step left next to right**

**On wall 5, restart dance from the beginning at this point**

## **ROCKING CHAIR, PIVOT ½ TURN LEFT, TRIPLE ½ TURN LEFT**

17-18 Rock forward on right, recover on left

19-20 Rock back on right, recover on left

**On wall 10, restart dance from the beginning at this point**

21-22 Step forward on right, pivot ½ turn left

23&24 Triple ½ turn left on right, left, right

## **WALK BACK LEFT, RIGHT, COASTER STEP BACK, PADDLE TURN 1/8 TWICE**

25-26 Walk backwards left, right

27&28 Step back on left, step right next to left, step forward on left

29-30 Step forward on right, turn 1/8 turn left, weight on left

31-32 Repeat 29-30

## **REPEAT**

## **RESTART**

**Restart during 5th wall after count 24, and during 10th wall after count 28**

## **ENDING**

**Starting the dance the 13th time (facing 6:00) dance to count 16 & pivot ½ turn left, step forward on right, arms up**

**No restarts for Sleeping On The Foldout**