Holding Back The Ocean

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK)
Music: Holding Back the Ocean - Rockie Lynne

RIGHT CROSS ROCK RECOVER, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK/RECOVER, LEFT BALL CROSS, LEFT SIDE

1-2	Cross/rock right over left, recover on left
3&4	Step right to side, step left together, step right to side
5-6	Cross/rock left over right, recover on right
&7-8	Step left back, cross right over left, step left to side

RIGHT ROCK BACK/RECOVER, RIGHT FORWARD SHUFFLE, LEFT FORWARD, TOUCH RIGHT TOGETHER, RIGHT BACK SHUFFLE

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

TURN ¾ LEFT, LEFT ROCK BACK/RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK BACK RECOVER

1-4	Turn ½ left and step left forward, turn ¼ left and step right to side, rock left back, recover on right
5&6	Step left to side, step right together, step left to side
7-8	Rock right back, recover on left

½ LEFT HINGE TURN, RIGHT CROSS SHUFFLE, LEFT SIDE, RIGHT TOUCH TOGETHER, RIGHT BALL CROSS, RIGHT SIDE

1-2	Turn ¼ left and step right back, turn ¼ left and step left to side
3&4	Cross right over left, step left to side, cross right over left
5-6	Step left to side, touch right together
&7-8	Step right back, cross left over right, step right to side

LEFT ROCK BACK/RECOVER, ½ RIGHT & LEFT BACK, RIGHT TOGETHER, LEFT FORWARD LOCK, LEFT FORWARD LOCKING SHUFFLE

1-4	Rock left back, recover on right, turn ½ right and step left back, step right together
5-6	Step left forward, lock right behind left
7&8	Step left forward, lock right behind left, step left forward

Turn toe out to left diagonal to prep turn

TURN ¾ LEFT, RIGHT CROSS ROCK RECOVER, RIGHT SIDE SHUFFLE, WEAVE RIGHT 2

1-4	Turn ½ left and step right back, turn ¼ left and step left to side, cross/rock right over left, recover on left
5&6	Step right to side, step left together, step right to side
7-8	Cross left over right, step right to side

¼ LEFT TURNING COASTER STEP (AKA 'TOASTER' STEP), WALK/SKATE FORWARD 2, RIGHT JAZZ BOX CROSS

1&2	Turn ¼ left and step left back, step right together, step left forward
3-4	Step right forward, step left forward

Or skate forward twice

5-8	Cross right over left, step left back, step right to side, cross left over right

VINE RIGHT 2, ¼ RIGHT & RIGHT FORWARD, LEFT FORWARD, ¼ RIGHT PIVOT TURN, LEFT CROSS, ½ LEFT HINGE TURN

1-4	Step right to side, cross left behind right, turn ¼ right and step right forward, step left forward
5-8	Turn ¼ right (weight to right), cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side

REPEAT

ENDING

You will get as far as count 56 (the jazz box cross). Cross right over left and unwind ½ to front wall

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