Holding Back the Ocean

Level: Beginner

Choreographer: Karen Lee (TW) - April 2025

Music: Holding Back the Ocean - Rockie Lynne

Intro: 16 C, 1 Restart. / No Tag.

Count: 32

[S1]: Vine R Touch, Vine L Brush.

- Step RF To Right Side, Step LF Behind to RF, Step RF To Right Side, Touch LF Next to RF 1-4
- 5-8 Step LF To Left Side, Step RF Behind to LF, Step LF To Left Side, Brush RF Forward.

[S2]: Rocking Chair, Rock, Turn 1/4 R, Point.

- 1-4 Rock RF Forward. recover onto LF, Back Rock RF, Recover LF
- 5-8 Rock RF Forward, recover onto LF, 1/4 Turn Right, Step RF to R Side, Touch LF to L side (3:00)

Restart here, on Wall 5, change the 8th count, Step LF across to RF, then Restart the dance(facing 3:00).

[S3]: Rocking Chair, Rock, Turn 1/4 R, Brush.

- 1-4 Rock LF Forward. recover onto RF, Back Rock LF, Recover RF
- 5-8 Rock LF Forward, recover onto RF, 1/4 Turn Left, Step LF to L Side, Brush RF Forward (12:00)

[S4]: Jazz Box Cross, 1/4 Monterey R.

- 1-4 Step RF Forward, Step LF Back, Step RF To R Side, Step LF Across to RF,
- 5-6 Point RF to Right Side, 1/4 turn Right Step RF next to LF. (3:00)
- 7-8 Point LF to Left Side, Step LF Next to RF. (weight on LF)

REPEAT

Enjoy and happy Dancing...

Contact: karenlee778@gmail.com





Wall: 4