Holding Back The Ocean

Compte: 32   **Mur:** 4   **Niveau:** Improver

Chorégraphe: Susanne Mose Nielsen (DK)

Musique: 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