

## Holding Back The Ocean

64 count, 4 wall, Intermediate level (non phrased)

Choreographer: Peter Metelnick & Alison Biggs  
(Aug 06)

Choreographed to: Holding Back The Ocean by  
Rockie Lynne, CD Rockie Lynne

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Start On Vocals

### **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

### **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

### **¾ Turn L, L Rock Back/Recover, L Side Shuffle, R Rock Back/Recover**

- 1-4 Turning ½ left step L forward, turning ¼ 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

### **½ L Hinge Turn, R Cross Shuffle, L Side, R Touch Together, R Ball Cross, R Side**

- 1-2 Turning ¼ left step R back, turning ¼ 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

### **L Rock Back/Recover, ½ R & L Back, R Together, L Fwd Lock, L Fwd Locking Shuffle**

- 1-4 Rock L back, recover weight on R, turning ½ 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)

### **¾ Turn L, R Cross Rock/Recover, R Side Shuffle, Weave R 2**

- 1-4 Turning ½ left step R back, turning ¼ 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

### **¼ L Turning Coaster Step (Aka 'Toaster' Step), Walk/Skate Fwd 2, R Jazz Box/Cross**

- 1&2 Turning ¼ 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

### **Vine R 2, ¼ R & R Fwd, L Fwd, ¼ R Pivot Turn, L Cross Step, ½ L Hinge Turn**

- 1-4 Step R to side, cross step L behind R, turning ¼ right step R forward, step L forward  
5-8 Pivot ¼ right, cross step L over R, turning ¼ left step R back, turning ¼ left step L to side

Ending: You will get as far as count 56 – the jazz box cross. Cross R over L and unwind ½ to front wall.

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