



HOLDING BACK THE OCEAN

64 COUNT, 4 WALL, LINEDANCE (NON PHRASED)

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PREPARED BY: SADIHA HEGGERNES (33 05 87 94/902 04 440)
CHOREOGRAPHED BY: PETER METELNICK & ALISON BIGGS (UK) AUGUST 2006
LEVEL OF DIFFICULTY: INTERMEDIATE
CHOREOGRAPHED TO: "HOLDING BACK THE OCEAN" BY ROCKIE LYNNE (132 BPM)
FROM CD ROCKIE LYNNE (START ON VOCALS)

Section 1 Right Cross Rock, Side Shuffle, Left Cross Rock, Ball Cross, Side
1 - 2 Rock right across left. Recover onto left.
3 & 4 Step right to side. Close left beside right. Step right to side.
5 - 6 Cross rock left over right. Recover onto right.
& 7 - 8 Step left back. Cross right over left. Step left to side.

Section 2 Back Rock, Right Forward Shuffle, Step, Touch, Right Back Shuffle
1 - 2 Rock right back. Recover onto left.
3 & 4 Step right forward. Close left beside right. Step right forward.
5 - 6 Step left forward. Touch right beside left.
7 & 8 Step right back. Close left beside right. Step right back.

Section 3 3/4 Turn, Back Rock, Left Side Shuffle, Back Rock
1 - 2 Turn 1/2 left stepping left forward. Turn 1/4 left stepping right to side.
3 - 4 Rock left back. Recover onto right.
5 & 6 Step left to side. Close right beside left. Step left to side.
7 - 8 Rock right back. Recover onto left.

Section 4 1/2 Hinge Left Turn, Cross Shuffle, Side, Touch, Ball Cross, Side
1 - 2 Turn 1/4 left stepping right back. Turn 1/4 left stepping 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 beside left.
& 7 - 8 Step right back. Cross left over right. Step right to side.

Section 5 Back Rock, 1/2 Turn, Left Forward Lock, Left Locking Shuffle
1 - 2 Rock left back. Recover onto right.
3 - 4 Make 1/2 turn right stepping left back. Step right beside left.
5 - 6 Step left forward. Lock right behind left.
7 & 8 Step left forward. Lock right behind left. Step left forward.*
* Turn toes out to left diagonal ready for turn

Section 6 3/4 Turn Left, Cross Rock, Side Shuffle, Cross, Side

- 1 - 2 Turn 1/2 left stepping right back. Turn 1/4 left stepping left to side.
3 - 4 Cross rock right over left. Recover onto left.
5 & 6 Step right to side. Close left beside right. Step right to side.
7 - 8 Cross left over right. Step right to side.

Section 7 Coaster 1/4 Turn, Walk/Skate Forward x 2, Right Jazz Box, Cross

- 1 & 2 Turn 1/4 left stepping left back. Step right beside left. Step left forward.
3 - 4 Step right forward. Step left forward. (or skate forward right, left).
5 - 8 Cross right over left. Step left back. Step right to side. Cross left over right.

Section 8 Vine Right 1/4 Turn Right, Step, Pivot 1/4, Cross, 1/2 Hinge Turn

- 1 - 2 Step right to side. Cross left behind right.
3 - 4 Turn 1/4 right stepping right forward. Step left forward.
5 - 6 Pivot 1/4 right. Cross left over right.
7 - 8 Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side.

**Ending: You will reach count 56 - jazz box cross:
Cross right over left and unwind 1/2 to front wall.**



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