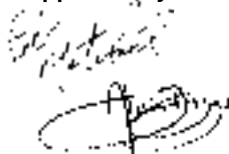




Approved by:



# Holding Back The Ocean

## 4 WALL - 64 COUNTS - INTERMEDIATE (NON PHASED)

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 3 & 4 5 - 6 & 7 - 8	<b>Right Cross Rock, Side Shuffle, Left Cross Rock, Ball Cross, Side</b> Rock right across left. Recover onto left. Step right to side. Close left beside right. Step right to side. Cross rock left over right. Recover onto right. Step left back. Cross right over left. Step left to side.	Cross Rock Side Shuffle Cross Rock & Cross Side	Left Right Right Left
<b>Section 2</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Back Rock, Right Forward Shuffle, Step, Touch, Right Back Shuffle</b> Rock right back. Recover onto left. Step right forward. Close left beside right. Step right forward. Step left forward. Touch right beside left. Step right back. Close left beside right. Step right back.	Back Rock Right Shuffle Step Touch Back Shuffle	Back Forward Back
<b>Section 3</b> 1 - 2 3 - 4 5 & 6 7 - 8	<b>3/4 Turn, Back Rock, Left Side Shuffle, Back Rock</b> Turn 1/2 left stepping left forward. Turn 1/4 left stepping right to side. Rock left back. Recover onto right. Step left to side. Close right beside left. Step left to side. Rock right back. Recover onto left.	Turn Turn Back Rock Left Shuffle Back Rock	Turning left Back Left Back
<b>Section 4</b> 1 - 2 3 & 4 5 - 6 & 7 - 8	<b>1/2 Hinge Left Turn, Cross Shuffle, Side, Touch, Ball Cross, Side</b> Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side. Cross right over left. Step left to side. Cross right over left. Step left to side. Touch right beside left. Step right back. Cross left over right. Step right to side.	Turn Turn Cross Shuffle Side Touch & Cross Side	Turning left Left Right
<b>Section 5</b> 1 - 2 3 - 4 5 - 6 7 & 8	<b>Back Rock, 1/2 Turn, Left Forward Lock, Left Locking Shuffle</b> Rock left back. Recover onto right. Make 1/2 turn right stepping left back. Step right beside left. Step left forward. Lock right behind left. Step left forward. Lock right behind left. Step left forward.* * Turn toes out to left diagonal ready for turn	Back Rock Turn Together Step Lock Step Lock Step	Back Turning right Forward
<b>Section 6</b> 1 - 2 3 - 4 5 & 6 7 - 8	<b>3/4 Turn Left, Cross Rock, Side Shuffle, Cross, Side</b> Turn 1/2 left stepping right back. Turn 1/4 left stepping left to side. Cross rock right over left. Recover onto left. Step right to side. Close left beside right. Step right to side. Cross left over right. Step right to side.	Turn Turn Cross Rock Side Shuffle Cross Side	Turning left Left Right
<b>Section 7</b> 1 & 2 3 - 4 5 - 8	<b>Coaster 1/4 Turn, Walk/Skate Forward x 2, Right Jazz Box, Cross</b> Turn 1/4 left stepping left back. Step right beside left. Step left forward. Step right forward. Step left forward. (or skate forward right, left). Cross right over left. Step left back. Step right to side. Cross left over right.	Coaster Turn Skate Skate Jazz Box	Turning left Forward On the spot
<b>Section 8</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Vine Right 1/4 Turn Right, Step, Pivot 1/4, Cross, 1/2 Hinge Turn</b> Step right to side. Cross left behind right. Turn 1/4 right stepping right forward. Step left forward. Pivot 1/4 right. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side.	Side Behind Turn Step Pivot Cross Turn Turn	Right Turning right
<b>Ending:-</b>	You will reach count 56 - jazz box cross: Cross right over left and unwind 1/2 to front wall.		

Choreographed by: Peter Metelnick & Alison Biggs (UK) August 2006

Choreographed to: 'Holding Back The Ocean' by Rockie Lynne (132 bpm) from CD Rockie Lynne (start on vocals)