Holding Back The Ocean

4 wall line dance, 32 counts, Beginner
Choreographer: Susanne Mose Nielsen
Mail@susannemose.dk   www.susannemose.dk
Music: Holding Back The Ocean By Rockie Lynne BPM 128
Sleeping On The Foldout by Brad paisley album Who Needs Pictures
BPM 128 No restarts in this track!

1. Section: 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

2. Section: 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

Restart: *Wall 5: Restart dance from the beginning at this point on fifth wall- facing 12 o'clock.*

3. Section: Rocking chair, pivot ½ turn l, triple ½ turn l

17-18	Rock forward on right, recover on left
19-20	Rock back on right, recover on left

Restart: *Wall 10: Restart dance from the beginning at this point on tenth wall – facing 12 o'clock.*

21-22	Step forward on right, pivot ½ turn left
23&24	Triple ½ turn left on right, left, right

4. Section: Walk back l, r, coaster step back, paddle turn 1/8 x2

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

Restarts: *Two easy restarts – During 5.th wall after count 24 – during 10.th wall after count 28.*

Ending: *Starting the dance the 13.th time - facing 6 o'clock – dance to count 16 + pivot ½ turn left, step forward on right – arms up.*

Enjoy the dance & the very good music track