



BroncoBeat

HOLDING BACK THE OCEAN

Choreographed by: Peter Metelnick & Alison Biggs (August 2006)
Music: Holding Back The Ocean by Rockie Lynne from the CD Rockie Lynne
Descriptions: 64 Count - 4 wall line dance - Intermediate level
[Start on vocals](#)

1-8R 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

9-16R 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

17-24 3/4 turn L, L rock back/recover, L side shuffle, R rock back recover

1-4 Turning 1/2 left step L forward, turning 1/4 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

25-32 1/2 L hinge turn, R cross shuffle, L side, R touch together, R ball cross, R side

1-2 Turning 1/4 left step R back, turning 1/4 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

33-40L rock back/recover, 1/2 R & L back, R together, L fwd lock, L fwd locking shuffle

1-4 Rock L back, recover weight on R, turning 1/2 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)

41-48 3/4 turn L, R cross rock recover, R side shuffle, weave R 2

1-4 Turning 1/2 left step R back, turning 1/4 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

49-56 1/4 L turning coaster step (aka `toaster' step), walk/skate fwd 2, R jazz box cross

1&2 Turning 1/4 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



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57-64 Vine R 2, 1/4 R & R fwd, L fwd, 1/4 R pivot turn, L cross step, 1/2 L hinge turn

1-4 Step R to side, cross step L behind R, turning 1/4 right step R forward, step L forward

5-8 Pivot 1/4 right, cross step L over R, turning 1/4 left step R back, turning 1/4 left step L to side

Ending: You will get as far as count 56 - the jazz box cross. Cross R over L and unwind 1/2 to front wall.

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