Holding Back The Ocean

32 count, 4 wall, beginner level
Choreographer: Susanne Mose Nielsen (DK)
Nov 2006
Choreographed to: Holding Back The Ocean by
Rockie Lynne (128 bpm); Sleeping On The Foldout by
Brad paisley, Album: Who Needs Pictures

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 left, triple ½ turn left
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 left, right, 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 during 5th wall - after count 16 AND during 10th wall after count 20 .. it's easy to hear in the music .. first/instrumential - second/he sings diffently

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

No restarts for Sleeping On The Foldout

Enjoy the dance & the very good music track