

# Holding Back The Ocean

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Susanne Mose Nielsen (DK)  
音樂: Holding Back the Ocean - Rockie Lynne



## 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**

## 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**  
**On wall 5, restart dance from the beginning at this point**

## 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  
**On wall 10, restart dance from the beginning at this point**  
21-22            Step forward on right, pivot ½ turn left  
23&24            Triple ½ turn left on right, left, right

## WALK BACK LEFT, RIGHT, COASTER STEP BACK, PADDLE TURN 1/8 TWICE

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

## REPEAT

## RESTART

Restart during 5th wall after count 24, and during 10th wall after count 28

## ENDING

Starting the dance the 13th time (facing 6:00) dance to count 16 & pivot ½ turn left, step forward on right, arms up  
No restarts for Sleeping On The Foldout