

DIXIE LINERS



Dave & Ann Good - Approved Instructors & members of B.W.D.A

2000

E-mail address dave@dixieliners.co.uk

Web address www.dixieliners.co.uk

Tel: 01375 386679 Mobile 07803081902

HOLDING BACK THE OCEAN

64 COUNT INTERMEDIATE

4 WALL LINE DANCE (NON-PHRASED)

BEATS DANCE STEPS

SEC 1	R 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
SEC 2	R 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.
SEC 3	3/4 TURN L, L ROCK BACK/RECOVER, L SIDE SHUFFLE, R ROCK BACK/RECOVER
1-3	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
SEC 4	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.
SEC 5	L ROCK BACK/RECOVER, 1/2 R & L BACK, R TOGETHER, L FWD LOCK, L FWD LOCKING SHUFFLE
1-3	Rock L back, recover weight on R, turning 1/2 right 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)
SEC 6	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
SEC 7	1/4 L TURNING COASTER STEP (AKA COASTER' 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)
5-7	Cross step R over L, step L back, step R to side, cross step L over R
SEC 8	VINE R 2, 1/4 R & R FWD, L FWD, 1/4 R PIVOT TURN, L CROSS STEP, 1/2 L HINGE TURN
1-5	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

Choreographed by Peter Metelnick & Alison Biggs, August 2006 Tel: 01727 853041, E-mail:

Music: Holding Back The Ocean - Rockie Lynne (start on vocals), from the CD Rockie Lynne

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