

SWING YOUR CHAINS

Choreographed by: Dee Soares & Shaun Maguire
 Music: Chains by Tina Arena from 'Don't Ask' album. (166 bpm)
 Descriptions: 32 Count - 2 wall line dance - Intermediate level

Section 1 Walk, Walk, Forward Rock Together, Anchor Step, Walk, Walk.

1 - 2 Step forward right. Step forward left.
 3 & 4 Rock forward on right. Rock back onto left. Step right beside left.
 5 Rock slightly back on left (closed 3rd position).
 & 6 Rock forward onto right. Rock slightly back onto left.
 7 - 8 Step forward right. Step forward left.

Note:- 5&6 are a simple triple step with left slightly behind right and some hip action.

Section 2 Toe Touches and 1/4 Turns to complete 1&1/2 Turn Left, Walk, Walk.

1 Make 1/4 turn left touching right to right side.
 2 Make further 1/4 turn stepping down onto right.
 3 Make 1/4 turn left touching left to left side.
 4 Make further 1/4 turn stepping down onto left.
 5 Make 1/4 turn left touching right to right side.
 6 Make 1/4 turn left stepping forward onto right.
 7 - 8 Step forward left. Step forward right.

Note:- For added styling use hips during touches and turns.

Section 3 1/2 Pivot, Hold (sweep) for 2, Anchor Step, Walk, Walk, Step Cross 1/4 Turn.

& Pivot 1/2 turn left, keeping weight back on right
 1 - 2 Hold for two counts (or left can be slowly swept around behind right).
 3 Rock slightly back on left (in closed 3rd position).
 & 4 Rock forward onto right. Rock slightly back onto left.
 5 - 6 Step forward right. Step forward left.
 & Step forward right making 1/8 turn left.
 7 - 8 Cross left over right, making 1/8 turn left. Hold.

Section 4 Walk, Walk, Full Turn Forward, Press, 1 & 3/4 Turn Travelling Back.

1 - 2 Step forward right. Step forward left.
 3 Make 1/2 turn left, stepping back onto right.
 & Make 1/2 turn left stepping forward onto left.
 4 - 5 Press ball of right forward. Rock back onto left.
 6 Make 1/2 turn right, stepping forward onto right.
 7 Make 1/2 turn right, stepping back onto left.
 & Make 1/2 turn right, stepping forward onto right.
 8 Make 1/4 turn right, stepping forward on left.

