

SWING YOUR CHAINS

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Dee Soares & Shaun Maguire
Music: Chains by Tina Arena

WALK, WALK, FORWARD ROCK RECOVER, ANCHOR STEP, WALK, WALK

1 Walk right forward
2 Walk left forward
3 Rock right forward
& Recover onto left
4 Step right next to left
5 Rock left back in closed 3rd position
& Recover onto right
6 Rock left back in closed 3rd position
7 Walk right forward
8 Walk left forward

¼ TURN, STEP A ¼, ¼ TURN, STEP A ¼, ¼ TURN, ¼ TURN, STEP, WALK., WALK

1 ¼ turn to the left, swinging right foot out to right side
2 Put weight on right foot making a ¼ turn to the left
3 ¼ turn to the left, swinging left foot out to left side
4 Put weight on left foot making a ¼ turn to the left
5 ¼ turn to the left, swinging right foot out to right side
6 ¼ turn left and stepping forward on right foot
7 Walk forward left
8 Walk forward right

On counts 1, 3, 5 there is no weight when you swing your foot out to the side

PIVOT, HOLD, HOLD, ROCK, RECOVER, ROCK, WALK, WALK, STEP A 1/8 TURN, CROSS A 1/8 TURN, AND HOLD

& Pivot a ½ turn to the left, and weight the right
1 Hold
2 Hold
3 Rock left back in closed 3rd position
& Recover onto right foot
4 Rock left back in closed 3rd position
5 Walk forward right
6 Walk forward left
& Step forward right making 1/8 turn to the left
7 Cross left over right, making 1/8 turn to the left
8 Hold

WALK, WALK, STEP A ½ TURN TWICE, PRESS, RECOVER, STEP A ½ TURN X3, STEP A ¼ TURN

1 Walk forward right
2 Walk forward left
3 Making ½ turn left step back on right
& Making ½ turn left step forward on left
4 Press right foot forward
5 Recover weight to left
6 Making ½ turn right step forward on right
7 Making ½ turn right step back on left
& Making ½ turn right step forward on right
8 Making ¼ turn right step forward on left

REPEAT