

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 $\frac{1}{2}$ turn left step back on right
- & Making $\frac{1}{2}$ turn left step forward on left
- 4 Press right foot forward
- 5 Recover weight to left
- 6 Making $\frac{1}{2}$ turn right step forward on right
- 7 Making $\frac{1}{2}$ turn right step back on left
- & Making $\frac{1}{2}$ turn right step forward on right
- 8 Making $\frac{1}{4}$ turn right step forward on left

REPEAT