## Chained To The Rhythm

Count: 32
Wall: 4
Level: Improver
Choreographer: Tom Inge Soenju (NOR) - February 2017
Music: Chained To the Rhythm (feat. Skip Marley) - Katy Perry

Intro: 8 Counts.
Sequence: Repeating sequence.
Tag/Restart: 2 tags, after wall 5 and 10, and 2 restarts, after section 2 in wall 3 and 7.
End: Change last 2 counts to cross $L$ over $R$ and unwind to front.
Music available on iTunes, Google Play and Amazon.
Section 1: R Step, Lock, Step-Lock-Step, Sync. Rocking Chair, Pivot Turn
$1 \quad$ Step Right foot diagonally forward
2 Lock Left foot behind Right foot
3 \& Step Right foot diagonally forward and lock Left foot behind Right foot
4 Step Right foot diagonally forward
5 \& Rock Left foot forward (correct to 12:00 O'clock) and recover weight onto Right foot
6 \& Rock left foot back and recover weight onto Right foot
$7 \quad$ Step Left foot forward
8 Half turn to your right ending with weight on your Right foot.

## Section 2: L Shuffle $1 / 2$ R Turn, Coaster step, $2 x$ Sync. Cross Samba, Cross Step

| 1 \& | Quarter turn to your right stepping Left foot to left side and stepping Right foot next to Left <br> foot |
| :--- | :--- |
| 2 | Quarter turn to your right stepping left foot back |
| $3 \&$ | Step Right foot back and step Left foot next to Right foot |
| 4 | Step Right foot forward |
| 5 \& | Cross Left foot over Right foot and rock on ball of Right foot to right side <br> $6 \&$ |
| Recover weight onto Left foot and cross Right foot over Left foot |  |
| $7 \&$ | Rock on ball of Left foot to left side and recover weight onto Right foot |
| 8 | Cross Left foot over Right foot |

Restarts here after wall 3 and 7
Section 3: $1 / 4$ L Turn, B step, F Step, $1 / 4$ Turn Chassé, Cross Step, Full Unwind, Chassé
1 Quarter turn to your left stepping Right foot back
2 Step left foot forward
3 \& Quarter turn to your left stepping Right foot to right side and stepping Left foot next to Right foot
$4 \quad$ Step Right foot to right side
$5 \quad$ Cross Left foot over Right foot
$6 \quad$ Unwind full turn to your right
7 \& Step Left foot to left side and step Right foot next to Left foot
8
Step Left foot to left side
Section 4: R Sailor, 2x Cross-Back-Side, Cross-Back-Turn
$1 \& \quad$ Step Right foot back and step Left foot to left side
2 Step Right foot to right side
3 \& Cross Left foot over Right foot and step Right foot back
$4 \quad$ Step Left foot to left side
5 \& Cross Right foot over Left foot and step Left foot back
$6 \quad$ Step Right foot to right side
7 \& Cross Left foot over Right foot and step Right foot back

Tags 1 \& 2: 2x ½ Pivots
1 Step Right foot forward
2 Half turn to your left with weight on your Left foot
3 Step Right foot forward
$4 \quad$ Half turn to your left with weight on your Left foot

## Start again and enjoy! Happy Dancing!

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