

Michael

Compte: 64

Mur: 2

Niveau: Intermediate/Advanced

Chorégraphe: Eve Griffin (USA)

Musique: Chain of Fools - Aretha Franklin



Vocals begin with "Chain, Chain, Chain." Begin dance on 3rd "Chain"

RIGHT TOE, SLIDE, LEFT TOE, SLIDE, FORWARD ANGLE ROCK, STEP, TURN, STEP

- 1 Slide ball of right foot slightly forward (keeping right knee bent) at 45 degree angle right
- 2 Slide ball of right foot forward in same direction just enough to straighten right leg and place heel down
- 3 Slide ball of left foot slightly forward (keeping left knee bent) at 45 degree angle left of center wall
- 4 Slide ball of left foot forward in same direction just enough to straighten left leg and place heel down
- 5-6 Rock forward on right foot (you are 45 degrees left of center), shift weight back to left foot
- 7 Turning right $1/8$ plus $1/4$, step right foot slightly forward toward side wall
- 8 Turning another $1/4$ right to face back wall, step left together

TWIST, TWIST, BALL CHANGE, TWIST, BALL CHANGE, TWIST, BALL CHANGE, TOUCH

- 1 Swiveling on ball of left foot, angle body 45 degrees right, step ball of right foot to right side, toe out
- 2 Swiveling on ball of right foot, angle body 45 degrees left of center wall, step ball of left foot to left side, toe out
- &3 Rock on ball of right foot in place, step ball of left foot in place (still 45 degrees left)
- 4 Swiveling on ball of left foot, angle body 45 degrees right of center wall, step ball of right foot to right side, toe out.
- &5 Rock on ball of left foot in place, step ball of right foot in place (still 45 degrees right)
- 6 Swiveling on ball of right foot, angle body 45 degrees left of center wall, step ball of left foot to left side, toe out.
- &7 Rock on ball of right foot in place, step ball of left foot in place (still 45 degrees left)
- 8 Swiveling on ball of left foot, angle body 45 degrees right of center wall, place ball of right foot slightly forward at 45 degrees right

(3rd repetition only.) Insert paddle turn here. (See end of step description.)

HEEL TAPS, REACH, PULL, REACH, PULL, REACH

- 1-4 Still facing 45 degrees right, tap right heel in place 4 x's rolling left shoulder back with each tap

On 4th heel tap place both arms straight out in front of you, leaning forward slightly, as if reaching for something

- 5 Pull both arms in to waist as if pulling something, as you thrust your hips forward.
- 6 Reach both arms straight out again and thrust hips back.
- 7-8 Repeat 5-6 above.

BODY SWAYS, RIGHT, LEFT RIGHT, LEFT

Hands straight down at side for this 8 counts

- 1-2 Step right foot to right side, sway body to right side turning 45 degrees left, raise left heel, bend left knee, look left.
- 3-4 Shift weight left to left foot, sway body to left side turning 45 degrees right, raise right heel, bend right knee, look right.
- 5-8 Repeat 1-4 above.

TOE TOUCHES FORWARD

Place hands in fists, at chest level, knuckles to knuckles, pumping fists to beat of music

- 1 Touch right toe forward slightly with toe turned inward, turning body slightly left.
- 2 Step down on right foot in place with body and toe facing front.
- 3 Touch left toe forward slightly with toe turned inward, turning body slightly right.
- 4 Step down on left foot in place with body and toe facing front.
- 5-8 Repeat 1-4 above.

TRAVELING SWIVETS RIGHT WITH FINGER POINTS 4 TIMES, CLAP, REVERSE LEFT

Left hand against chest, bend elbow of right arm and point right index finger to right side at shoulder level.

- 1 Place right heel to right side, toes lifted & pointed right, at the same time, swivel on ball of left lifting left heel up out to left. (push right finger slightly right, slightly raising shoulders, looking right)
- 2 Grind right heel left to face front, bring ball of right foot down, as you slide left foot together, both toes forward. (bring right finger back in and dropping shoulders, looking forward)
- 3-8 Repeat 1-2 three times, clap on count 8.

(3rd repetition only.) Insert jump, clap here. (See end of step description.)

- 1-8 Reverse above 8 counts to left side.

HIP ROLLS

- 1-8 Roll hips to the left for 8 counts (hands at chest level in fists, pumping fists in beat with music).

REPEAT

INSERTS FOR THIRD REPETITION OF DANCE ONLY

PADDLE TURN (AKA CHAIN ROCK)

You will have just done the twist, twist, ball change, twist, ball change, twist, ball change, touch Right hand straight up as if pointed to sky, left hand straight down and slightly out from side

- 1& Place right toe forward, Step on ball of left foot beginning a full turn left
- 2& Place right toe forward, Step on ball of left foot continuing full turn left
- 3& Place right toe forward, Step on ball of left foot completing full turn left
- 4 Place right toe forward (you will end up where you started, which is angled 45 degrees right of center wall)

Continue with next 8 beats of dance

JUMP, CLAP

You will have just done the Traveling Swivets right With Finger Points 1-8 and will have feet together.

- & Feet together, jump straight up slightly off floor.
- 1-2 Land feet together, clap

Continue now with traveling swivets left with finger points 1-8
