|  |  |
| --- | --- |
| Off The Chain |  |

.

|  |
| --- |
| . |
| **拍数:** | 64 | **墙数:** | 2 | **级数:** | Phrased Intermediate / Advanced | . |
| **编舞者:** | Fred Whitehouse (IRE) - June 2014 |
| **音乐:** | Can't Believe It (feat. Pitbull) - Flo Rida |
| . |

**Sequence as follows**

**A,B(restart),A,A,A,B,A,A,A,B,(TAG),B,A,A**

**B pattern shall always face the 6:00 wall**

**A sequence**

**Step hitch x3, ¼ turn jazz box**

|  |  |
| --- | --- |
| 1-2 | step RF forward, hitch R knee (also scooting LF forward) travel forward to 12.00 |

|  |  |
| --- | --- |
| &-3 | step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00 |

|  |  |
| --- | --- |
| &-4 | step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00 |

|  |  |
| --- | --- |
| 5-6 | step RF across L, step LF to side |

|  |  |
| --- | --- |
| 7-8 | ¼ turn R stepping RF to R side, close LF next to R. |

**hip bumps x2, hip rolls x2**

|  |  |
| --- | --- |
| 1-2 | touch RF to R diagonal pushing hip forward, close RF next to L. |

|  |  |
| --- | --- |
| 3-4 | touch LF to L diagonal pushing hip forward, close LF next to R |

|  |  |
| --- | --- |
| 5-6 | step RF to R as you roll your hips from L to R ( add a little hip bop at end of roll) |

|  |  |
| --- | --- |
| 7-8 | step LF to L as you roll your hips from R to L ( add a little hip bop at the end of roll) facing 3.00 |

**Syncopated weave, touch, ¼ turn, ½ turn, hop hop**

|  |  |
| --- | --- |
| 1-2 | step RF to R side, step LF behind R |

|  |  |
| --- | --- |
| &-3 | step RF to R side, cross LF over R |

|  |  |
| --- | --- |
| &-4 | step RF to R side, touch LF behind R (snap finger as you to look right) |

|  |  |
| --- | --- |
| 5-6 | ¼ L stepping LF forward (12.00) ½ turn L stepping RF back (6.00) |

|  |  |
| --- | --- |
| 7-8 | ¼ turn L hopping with both feet together (3.00) ¼ turn L hopping with both feet together (12.00) |

**Pivot turn x2, jazz box ½ turn**

|  |  |
| --- | --- |
| 1-2 | step RF forward, pivot ½ turn L (weight on LF) (6.00) |

|  |  |
| --- | --- |
| 3-4 | step RF forward, pivot ½ turn L (weight on LF) (12.00) |

|  |  |
| --- | --- |
| 5-6 | step RF forward, step LF back diagonal |

|  |  |
| --- | --- |
| 7-8 | ½ turn R, stepping RF forward (6.00) close LF next to R |

**B sequence**

**Kick and point x2, step rock recover x2**

|  |  |
| --- | --- |
| 1&2 | kick RF forward, place RF next to L, point LF to L side |

|  |  |
| --- | --- |
| 3&4 | kick LF forward, place LF next R, point RF to R side |

|  |  |
| --- | --- |
| 5&6 | cross RF over L, rock LF to L side, recover onto RF |

|  |  |
| --- | --- |
| 7&8 | cross LF over R, rock RF to R side, recover onto LF |

**Chug x4, step rock recover x2**

|  |  |
| --- | --- |
| 1-2 | 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward) |

|  |  |
| --- | --- |
| 3-4 | repeat counts 1-2 this should complete ½ turn |

**\*the section above can also be danced with hip wiggles making a rotation\***

|  |  |
| --- | --- |
| 5&6 | cross RF over L, rock LF to L side, recover onto RF |

|  |  |
| --- | --- |
| 7&8 | cross LF over R, rock RF to R side, recover onto LF |

**\*RESTART\* during first B section**

**Chug x4, step chest pop x2, close chest pop x2**

|  |  |
| --- | --- |
| 1-2 | 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward) |

|  |  |
| --- | --- |
| 3-4 | repeat counts 1-2 this should complete ½ turn |

**\*the section above can also be danced with hip wiggles making a rotation\***

|  |  |
| --- | --- |
| 5-6 | step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart) |

|  |  |
| --- | --- |
| 7-8 | close LF next , pop chest x2 |

**Chug x4, step chest pop x2, close chest pop x2**

|  |  |
| --- | --- |
| 1-2 | 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward) |

|  |  |
| --- | --- |
| 3-4 | repeat counts 1-2 this should complete ½ turn |

**\*the section above can also be danced with hip wiggles making a rotation\***

|  |  |
| --- | --- |
| 5-6 | step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart) |

|  |  |
| --- | --- |
| 7-8 | close LF next , pop chest x2 |

**\*TAG\* (Starts facing front wall)**

**Full turn Left clap, full turn Right clap**

|  |  |
| --- | --- |
| 1-4 | full turn L stepping L,R,L, touch RF next to L, clap |

|  |  |
| --- | --- |
| 5-8 | full turn R stepping R,L,R touch LF next to R, clap |

**Jump out, cross, unwind, body roll x2**

|  |  |
| --- | --- |
| 1-4 | jump both feet apart, jump both feet cross (RF over L) unwind ½ Left over 2 counts |

|  |  |
| --- | --- |
| 5-8 | body roll to Right over 2 counts, body roll to Left over 2 counts (weight on LF) |

**Syncopated weave chest pop x2**

|  |  |
| --- | --- |
| 1-2 | step RF forward diagonal, step LF behind R |

|  |  |
| --- | --- |
| &-3 | step RF forward diagonal, close LF next to R |

|  |  |
| --- | --- |
| &-4 | chest pop |

|  |  |
| --- | --- |
| 5-6 | step LF forward diagonal, step RF behind L |

|  |  |
| --- | --- |
| &-7 | step LF forward diagonal, close RF next to L |

|  |  |
| --- | --- |
| &-8 | chest pop |

**Out, out, slap, jump, shake**

|  |  |
| --- | --- |
| 1-2 | step RF out, step LF out |

|  |  |
| --- | --- |
| 3-4 | bend forward and slap the floor, recover |

|  |  |
| --- | --- |
| 5-6 | jump both feet together, hold |

|  |  |
| --- | --- |
| 7-8 | shimmy on the spot |

**Easier than it looks, hope you all enjoy.**

**There is also a clean cut version of this track.**

**Last Update - 5th July 2014**