

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