Chained To The Rhythm



Count: 32 Wand: 4 Ebene: Improver

Choreograf/in: Tom Inge Soenju (NOR) - February 2017

Musik: 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	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	Step Left foot forward
8	Half turn to your right ending with weight on your Right foot.

Section 2: L Shuffle ½ R Turn, Coaster step, 2x Sync. Cross Samba, Cross Step

1 &	Quarter turn to your right stepping Left foot to left side and stepping Right foot next to Left 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
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: ¼ L Turn, B step. F Step. ¼ Turn Chassé, Cross Step, Full Unwind, Chassé

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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	Step Right foot to right side
5	Cross Left foot over Right foot
6	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 &	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	Step Left foot to left side
	5 &	Cross Right foot over Left foot and step Left foot back
	6	Step Right foot to right side
	7 &	Cross Left foot over Right foot and step Right foot back

8 Quarter turn to your left stepping Left foot forward

Tags 1 & 2: 2x 1/2 Pivots

1 Step Right foot forward

2 Half turn to your left with weight on your Left foot

3 Step Right foot forward

4 Half turn to your left with weight on your Left foot

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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