

# No Chains

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Ria Vos (NL) - June 2008

Musik: Independence Day - Gabrielle : (Album: Rise)



Start after 40 counts just before vocals

## Rock Fwd, Together, Pivot ¼ Turn R, Cross, ¼ Turn L, ½ Turn L, Rock Fwd, Diagonal Back-Lock-Back

- 1-2& Rock forward on R, recover on L, step R next to L
- 3&4 Step forward on L, pivot ¼ turn right, cross step L over R
- 5& ¼ Turn left -step R back, ½ turn left -step L forward
- 6-7 Rock forward on R, recover on L
- &8& Step R back to R diagonal, lock L in front of R, step R back to R diagonal

## Side Rock, Together, Side Rock with ¾ Turn L, Rock Behind, ¼ Turn R, ¼ Turn R, Cross, Brush-Hitch

- 1-2& Rock L to left side, recover on R, step L next to R
- 3&4 Rock R to right side, ¼ turn left -recover on L, ½ turn left step R back
- 5-6 Cross rock L behind R, recover on R
- &7 ¼ Turn right -step L back, ¼ turn right -step R to right side
- &8 Cross step L over R, brush R forward into a small hitch (this is a fluent movement)

## Rock Behind, & Side Rock-Cross, Side, Rock Behind, & Side Rock-Cross, ¾ Turn R

- 1-2 Rock R behind L (push R shoulder back), recover on L
- &3 Rock R to right side, recover on L
- &4 Cross step R over L, big step L to left side
- 5-6 Rock R behind L (push R shoulder back), recover on L
- &7 Rock R to right side, recover on L
- &8 Cross step R over L, ¼ turn right -step back on L

-continue turn with ½ turn right on L -hook R in front of L\*\*\*Restartpoint

## Step Fwd, Rock Fwd, Coaster Step, Sweep ¼ Turn L, Cross, Side, Sailor ½ Turn R, Lock behind

- 1 Step forward on R
- 2& Rock forward on L, recover on R
- 3&4 Step L back, step R next to L, Step L forward
- 5-6 Sweep R into ¼ turn left -cross step R over L, step L to left side
- 7&8 Step R behind L, ½ Turn R step L together, step R forward
- & Lock step L behind R

Restart: On 4th wall after count 24, Restart at count 1. (9:00)