

# No Chains

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Ria Vos (NL) - June 2008

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



Start after 40 counts just before vocals

## Rock Fwd, Together, Pivot $\frac{1}{4}$ Turn R, Cross, $\frac{1}{4}$ Turn L, $\frac{1}{2}$ 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  $\frac{1}{4}$  turn right, cross step L over R
- 5&  $\frac{1}{4}$  Turn left -step R back,  $\frac{1}{2}$  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 $\frac{3}{4}$ Turn L, Rock Behind, $\frac{1}{4}$ Turn R, $\frac{1}{4}$ 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,  $\frac{1}{4}$  turn left -recover on L,  $\frac{1}{2}$  turn left step R back
- 5-6 Cross rock L behind R, recover on R
- &7  $\frac{1}{4}$  Turn right -step L back,  $\frac{1}{4}$  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, $\frac{3}{4}$ 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,  $\frac{1}{4}$  turn right -step back on L

-continue turn with  $\frac{1}{2}$  turn right on L -hook R in front of L\*\*\*Restartpoint

## Step Fwd, Rock Fwd, Coaster Step, Sweep $\frac{1}{4}$ Turn L, Cross, Side, Sailor $\frac{1}{2}$ 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  $\frac{1}{4}$  turn left -cross step R over L, step L to left side
- 7&8 Step R behind L,  $\frac{1}{2}$  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)