

These Gold Chains

Compte: 64

Mur: 4

Niveau: Phrased Intermediate / Advanced



Chorégraphe: Ami Carter (UK) - February 2019

Musique: Lyin' To Myself - Todrick Hall : (Album: Straight Outta Oz)

Intro: 16 counts (start with vocals)

Sequence: AABA AABA then A to the end!

PART A

[1 – 8] SYNCOPATED JAZZ BOX, SIDE, ¼ SAILOR STEP, ¼ HITCH/BUMP & SIT

- 1 2&3 Cross right foot over left, step left foot back, step right foot slightly to right side, cross left over right
- 4 Step right foot to right side
- 5&6 Make ¼ turn left stepping left behind right, step right foot in place, step left foot slightly to left (9.00)
- 7&8 Hitch right knee and bump right hip making ¼ left turn on ball of left foot, step right foot to right side, swing hips to right and 'sit' into right hip (6.00)

[9 – 16] ¼, ½, COASTER STEP, FUNKY WALK, MAMBO WITH SLIDE

- 1 2 Make ¼ turn left stepping forward on left foot, make ½ turn left stepping back on right foot (9.00)
- 3&4 Step left foot back, close right foot next to left, step left foot forward
- 5 Step right foot forward with body angled to left diagonal and knees slightly bent
- & Collect left foot to right without taking weight and returning body angle to square
- 6 Step left foot forward with body angled to right diagonal and knees slightly bent
- & Collect right foot to left without taking weight and returning body angle to square
- 7&8 Rock right foot forward, replace weight back onto left foot, take a long step/slide back with right foot (9.00)

[17 – 24] BACK, ¼, CROSS & HEEL & TOUCH & TOUCH, OUT-OUT, BALL CROSS, KNEE POP

- 1&2 Step left foot back, make ¼ turn right step right foot to right side, cross left foot over right (12.00)
- &3 Step right foot to right side, touch left heel to left diagonal
- &4&5 Step left foot in place, touch right next to left, step right in place, touch left next to right
- &6&7 Step right foot to right side, step left foot to left side, step left foot next to right, cross right over left
- &8 Lift both heels whilst popping knees forward, replace heels down (weight remains on right) (12.00)

[25 – 32] SIDE, REVERSE SAILOR, TOUCH BEHIND, ¼, ½, ¼ TURNING CHASSE

- 1 Step left foot to left side
- 2&3 Step right behind left, make ¼ turn left stepping left to left side, step right to right side (9.00)
- 4 Touch left toe behind right
- 5 6 Make ¼ turn left stepping onto left foot, make ½ turn left stepping back onto right (12.00)
- 7&8 Make ¼ turn left stepping left to left side, close right to left, step left to left side (9.00)

PART B (Walls 3 & 7 facing 6.00)

Note: The first 24 counts of Part B are Nightclub 2 Step Rhythm. The final 8 counts return you to the original tempo of Part A

[1 – 8] CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER ¼

- 1 2 3 4 Rock right foot across left, hold, recover back onto left foot, step right foot slightly to right side (6.00)

5 6 7 8 Rock left foot across right, hold, recover back onto right foot, make $\frac{1}{4}$ turn left stepping left forward (3.00)

[9 – 16] $\frac{1}{4}$ NIGHTCLUB BASIC, $\frac{1}{2}$ SPIRAL TURN, $\frac{1}{4}$, $\frac{1}{2}$,

1 2 3 4 Make $\frac{1}{4}$ turn left stepping right foot to right side, hold, close left foot slightly behind right, step right foot across left (12.00)

5 6 Make $\frac{1}{4}$ turn right stepping left foot back, make $\frac{1}{4}$ turn right on ball of left foot hooking right across left (6.00)

7 8 Make $\frac{1}{4}$ turn right stepping right foot forward, make $\frac{1}{2}$ turn right stepping left foot back (3.00)

[17 – 24] $\frac{1}{4}$ SIDE, $\frac{1}{2}$ DIAMOND FALLAWAY

1 2 Make $\frac{1}{4}$ turn right stepping right foot to right side, hold (6.00)

3 4 Make $\frac{1}{8}$ turn left stepping left foot back, step right foot back (4.30)

5 6 Make $\frac{1}{8}$ turn left stepping left foot to left side, hold (3.00)

7 8 Make $\frac{1}{8}$ turn left stepping right foot forward, step left foot forward (1.30)

[25 – 32] DIAGONAL ROCKING CHAIR, STEP, $\frac{1}{2}$ PIVOT TURN, $\frac{3}{8}$ BACK, BACK

1 2 3 4 Rock forward onto right foot, recover back onto left, rock back onto right foot, recover forward onto left (1.30)

5 6 Step right foot forward, pivot $\frac{1}{2}$ turn left shifting weight forward onto left foot (7.30)

7 8 Make $\frac{3}{8}$ turn left stepping right foot back, step left foot back (3.00)
