

I am In Chains

Compte: 32

Mur: 4

Niveau: Beginner Swing

Chorégraphe: Kusnadi Noviar (INA) - February 2023

Musique: Chains (Daniel Abraham Version) - Tina Arena



Intro 64 count, No Tag, No Restart

#1 LONG STEP FWD TOE STRUT WITH FINGER SNAPS AND HIP BUMP (R/ L), ROLLING VINE R AND TOUCH WITH HIP UP

- 1,2 RF tap slightly long forward, hip up, R hands swing fwd (1), Replace/down step on RF, R finger snap (2)
- 3,4 LF tap slightly long forward, hip up, L hands swing fwd (3), Replace/down step on LF, L fingers snap (4)
- 5,6 Making $\frac{1}{4}$ R turn, step RF forward, Making $\frac{1}{4}$ R turn step LF back
- 7,8 Making $\frac{1}{2}$ R turn, step RF to R side, Touch LF next to RF and hip up

#2 $\frac{1}{4}$ L TURN, SIDE TOUCH, CROSS CHASSE, $\frac{1}{2}$ R TURN BACK SHUFFLE, BACK ROCK, RECOVER

- 1,2 Making $\frac{1}{4}$ L turn LF fwd (9.00), RF side touch and hip up
- 3&4 RF cross over LF, LF step side, RF cross over LF
- 5&6 $\frac{1}{4}$ R turn LF back (5), RF cross over LF (&), $\frac{1}{4}$ R turn LF back (6) (3.00)
- 7- 8 RF Back rock, LF recover

#3 OUT-OUT, CROSS, SIDE TOUCH, CROSS, SIDE ROCK, MODIFIED L JAZZ BOX

- &1 RF step to R side, LF step to L side
- 2,3 RF cross over LF, LF touch to L side
- 4& LF cross over RF, RF rock to R side (body weight on RF)
- 5-8 LF recover(5), RF cross over LF(6), LF back step(7), RF step to R side(8)

#4 FWD, HITCH, R ANCHOR STEP, L FULL TURN, FWD LOCK SHUFFLE

- 1,2 LF fwd, RF hitch
- 3&4 RF back rock, LF recover, RF step in place
- 5,6 $\frac{1}{2}$ L turn, LF fwd, $\frac{1}{2}$ L turn RF back (3.00)
- 7&8 LF step fwd, RF lock behind LF, LF step fwd

PASSION, HAPPY AND HEALTHY DANCE

Last Update: 10 Feb 2023