

# 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**