

Chained

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: John Dembiec (USA)

Musique: Chains - Tina Arena



TOE TOUCHES WITH HIP BUMPS, TOE TAP, STEP, 360 COASTER STEP

- 1-2 Point right toe to right side and bump hip at same time, step right forward
- 3-4 Point left toe to left side and bump hip at same time, step left forward
- 5-6 Tap right toe behind left, step right back
- 7&8 Step left back ½ turn left, step right back ½ turn left, step left forward

SHUFFLE, STEP, PIVOT, CROSSING WALKS

- 1&2 Shuffle forward right, left, right
- 3-4 Step left forward, pivot ½ right
- 5-6 Step left forward and across right, step right forward and across left
- 7-8 Repeat 5-6

TOE HEEL STRUTS, MONTEREY TURN

- 1-2 Touch left toe to left, press left heel down
- 3-4 Touch right toe across left, press right heel down
- 5-6 Point left toe to left, turn ½ to left
- 7-8 Point right toe to right, step right next to left

STEP, DRAG, TOUCH, ROCK STEP, ½ TURN SWEEP, ¼ TURN SWEEP

- 1-2 Step left to left, drag right next to left and touch
- 3-4 Rock back on right, replace to left
- 5-6 Sweep right ½ turn to left, step right down
- 7-8 Sweep left ¼ turn to right, step left down

REPEAT
