

Chains

拍数: 52 墙数: 4 级数: High Intermediate
编舞者: Lam Lam (HK) - May 2015
音乐: Chains (Remix) (feat. Jhené Aiko) - Nick Jonas



Sequence: 32, 52, 32, 52, TAG (Last 16 counts), 16&, 36 end
Intro :16 counts

(1-8) Prissy Walk R L, Jazz Box 1/4R Cross Side, Back Rock 1/4L, Pivot 3/4L

1 2 3&4& Prissy Walk Fwd on R L (1,2), Cross R over L(3), 1/4R step back on L(&), step R to side(4),
cross L over R(&)
5 6&7 8& Step R to side(5), Rock back on L(6), recover on R(&), 1/4L step fwd on L(7), Step R fwd (8),
Pivot 3/4L (&)

(9-16) SideHip Circle Bump L R, 1/4R, 1/4R, 1/4R shuffle fwd

1 2 3 4 Step R to side circling hip anticlockwise from back to front(1) Touch L fwd toward L diagonal
& bump hip to left(2) Step down on L to side circle hip clockwise from front to back taking
weight on L(3) Touch R fwd toward R diagonal & bump hip to right(4)
5 6 7&8 1/4R step fwd on R(5), 1/4R step fwd on L(6), 1/4R step fwd on R(7), step L next to R(&),
step fwd on R(8)

** (Restart here on Wall 5)

(17-24) Cross, Point, Full Monterey Turn R SideRock, Cross, Scissor Cross R, 1/4R Back Lock Step

1 2 3&4 Cross L over R(1), Point R to side(2), Full monterey turn R step down on R(3), Rock L to
side(&), Recover on R(4)
5&6& Cross L over R(5), Step R to side(&), Step L close to R(6), Cross R over L(&),
7&8& 1/4R Step back on L(7), Step R back(&), Lock L over R(8), Step R back(&)

(25-32) 1/2L, Back sweep, 1/2L Sailor Fwd, 3/4L, 1 1/4 Turn R, Pivot 1/2R Fwd

1 2 1/2L Step L fwd(1), step back on R sweeping Lf from front to back(2)
3&4&5 Step L behind R(3), 1/2L step down on R(&), step fwd on L(4), 1/2L step back on R(&),
1/4L step L to side(5)
6&7&8& 1/4R Step R fwd(6), 1/2R Step L back(&), 1/2R Step R fwd(7), Step L fwd (&), pivot 1/2R(8),
step L fwd.(&)

(Restart here on Wall 1 & 3)

(33-36) Side Rock Cross, Full Turn R, Side Rock Cross

1&2& Rock R to side(1), Recover on L(&), Cross R over L(2), 1/4R Step back on L(&)
3&4& 1/2R step fwd on R(3), 1/4R Rock L to side(&), Recover on R(4), Cross L over R(&)

(37-44) Side Touch X2, Side Chasse Touch, Side Touch X2, Side Chasse

1&2& Step R to side(1), Touch L beside R(&), Step L to side(2), Touch R beside L(&)
2&4& Step R to side(3), step L beside R(&), Step R to side(4), Touch R beside L(&)
5&6& Step L to side(5), Touch R beside L(&), Step R to side(6), Touch L beside R(&)
7&8 Step L to side(7), Step R beside L(&), Step L to side(8)

(45-52) Cross Rock Side, Cross Rock 1/4L, Pivot 1/2L, Syncopated Shorty George Walks

1&2 Cross rock R over L(1), Recover on L(&), Step R to side(2)
3&4 Cross rock L over R(3), Recover on R(&), 1/4L step fwd on L(4)
5 6 Step fwd on R(5), pivot 1/2L (6)
7&8& Step R fwd and roll R knee out(7), Step L fwd and roll L knee out(&) Step R fwd and roll R
knee out(8), Step L fwd and roll L knee out(&)

Restarts:-

On Wall 1 & 3, Restart the dance after 32 counts
On Wall 5, dance up to count 16, then step L next to R & restart the dance.

TAG :After Wall 4, repeat the last 16 counts once.

Ending: The dance ends on Wall 6 after 36 counts.

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