

# Chained To The Rhythm

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Tom Inge Soenju (NOR) - February 2017  
音乐: Chained To the Rhythm (feat. Skip Marley) - Katy Perry



Intro: 8 Counts.

Sequence: Repeating sequence.

Tag/Restart: 2 tags, after wall 5 and 10, and 2 restarts, after section 2 in wall 3 and 7.

End: Change last 2 counts to cross L over R and unwind to front.

Music available on iTunes, Google Play and Amazon.

## Section 1: R Step, Lock, Step-Lock-Step, Sync. Rocking Chair, Pivot Turn

- 1                      Step Right foot diagonally forward
- 2                      Lock Left foot behind Right foot
- 3 &                    Step Right foot diagonally forward and lock Left foot behind Right foot
- 4                      Step Right foot diagonally forward
- 5 &                    Rock Left foot forward (correct to 12:00 O'clock) and recover weight onto Right foot
- 6 &                    Rock left foot back and recover weight onto Right foot
- 7                      Step Left foot forward
- 8                      Half turn to your right ending with weight on your Right foot.

## Section 2: L Shuffle ½ R Turn, Coaster step, 2x Sync. Cross Samba, Cross Step

- 1 &                    Quarter turn to your right stepping Left foot to left side and stepping Right foot next to Left foot
- 2                      Quarter turn to your right stepping left foot back
- 3 &                    Step Right foot back and step Left foot next to Right foot
- 4                      Step Right foot forward
- 5 &                    Cross Left foot over Right foot and rock on ball of Right foot to right side
- 6 &                    Recover weight onto Left foot and cross Right foot over Left foot
- 7 &                    Rock on ball of Left foot to left side and recover weight onto Right foot
- 8                      Cross Left foot over Right foot

Restarts here after wall 3 and 7

## Section 3: ¼ L Turn, B step, F Step, ¼ Turn Chassé, Cross Step, Full Unwind, Chassé

- 1                      Quarter turn to your left stepping Right foot back
- 2                      Step left foot forward
- 3 &                    Quarter turn to your left stepping Right foot to right side and stepping Left foot next to Right foot
- 4                      Step Right foot to right side
- 5                      Cross Left foot over Right foot
- 6                      Unwind full turn to your right
- 7 &                    Step Left foot to left side and step Right foot next to Left foot
- 8                      Step Left foot to left side

## Section 4: R Sailor, 2x Cross-Back-Side, Cross-Back-Turn

- 1 &                    Step Right foot back and step Left foot to left side
- 2                      Step Right foot to right side
- 3 &                    Cross Left foot over Right foot and step Right foot back
- 4                      Step Left foot to left side
- 5 &                    Cross Right foot over Left foot and step Left foot back
- 6                      Step Right foot to right side
- 7 &                    Cross Left foot over Right foot and step Right foot back

8 Quarter turn to your left stepping Left foot forward

**Tags 1 & 2: 2x ½ Pivots**

- 1 Step Right foot forward
- 2 Half turn to your left with weight on your Left foot
- 3 Step Right foot forward
- 4 Half turn to your left with weight on your Left foot

**Start again and enjoy! Happy Dancing!**

**Contact: If anything is unclear or if you would like additional information, please contact me:**

**Mail: [linedancing.no@gmail.com](mailto:linedancing.no@gmail.com)**

**Facebook (Tom Inge Sønju): [www.facebook.com/tom.soenju](http://www.facebook.com/tom.soenju)**

---