

Chained to the Rhythm

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Judy Rodgers (USA) - March 2017
音乐: Chained to the Rhythm - Katy Perry



#8 count intro

[1-8] □ Kick ball cross, big step drag/touch, turn 1/4 L, turn 1/4 L, turn 1/4 L sailor step

1&2 Kick R fwd, step on ball of R, cross L over R
3&4 Step R big step to right, drag L slowly toward R, touch L beside R
5-6 Turn 1/4 left step L fwd, turn 1/4 left step R to side - 6:00
7&8 Turn 1/4 left step L behind R, step R to right side, step L to left side - 3:00

[9-16] □ Rock recover, step lock step, turn 1/2 shuffle L, rocking chair

1-2 Rock R fwd, recover L
3&4 Step R back, step/lock L across R, step R back
5&6 Turn 1/2 left shuffle L R L - 9:00
7&8& Rock R fwd, recover L, rock R back, recover L

**** Restart here on Walls 3 and 7 (Restarts at 3:00 both times)**

[17-24] □ Kick & touch & touch turn 1/4 L heel, drag ball step, shuffle step

1&2 Kick R fwd, step down on R, touch L to left side
&3&4 Step L beside R, touch R to right side, turn 1/4 left step R fwd, touch L heel fwd □ - 6:00
5&6 Drag L back to R, step on ball of L, step R fwd
7&8 Shuffle fwd L R L

[25-32] □ Cross side rock, behind turn 1/4 R step, kick ball change, walk, walk

1&2 Cross R over L, rock L to left side, recover R
3&4 Step L behind R, turn 1/4 right step R fwd, step L fwd - 9:00
5&6 Kick R fwd, step on ball of R, step L fwd
7-8 Walk R fwd, walk L fwd

****2 Restarts:**

Both Wall 3 and Wall 7 start at 6:00. Dance 16 counts and Restart at 3:00

****2 Tags:**

Add the following 4 counts at the end of Wall 5 (facing 9:00) and Wall 10 (facing 6:00)

Out out in in

1-4 Step R fwd/out, step L fwd/out, recover R to center, recover L to center

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