

Chains of Love

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner / Improver
编舞者: Jan Brookfield (UK) - January 2018
音乐: Chains - The Cookies



Alternative music with NO RESTART : "Let's Stick Together" by Bryan Ferry

Dance starts on vocals

Section 1 : (SWAY RIGHT FORWARD , RECOVER) x 2, BACK ROCK, RECOVER, SHUFFLE FORWARD

1,2,3,4 (Sway R diagonally forward, recover weight onto L) x 2
5,6 Rock R back, recover forward onto L
7&8 Shuffle forward on R,L,R

Section 2 : (SWAY LEFT FORWARD, RECOVER) x 2, COASTER STEP, WALK x 2

9,10,11,12 (Sway L diagonally forward, recover weight onto R) x 2
13&14 Step L back, step R next to L, step L forward
15,16 Walk forward on R,L

Section 3 : ROCK FORWARD, RECOVER, ½ TURN SHUFFLE, WALK, WALK, FORWARD SHUFFLE

17,18 Rock R forward, recover onto L
19&20 Making a half turn over right shoulder shuffle forward on R,L,R (6 o'clock)
21,22 Walk forward on L,R
23&24 Shuffle forward on L,R,L

Section 4 : ROCK FORWARD, RECOVER, ½ TURN SHUFFLE, ¼ TURN SHUFFLE, ROCK BACK, RECOVER

25,26 Rock R forward, recover on to L
27&28 Making a half turn over right shoulder shuffle forward on R,L,R (12 o'clock)
29&30 Making a quarter turn over right shoulder shuffle to side on L,R,L (3 o'clock)
31,32 Rock R back, recover forward onto L

***RESTART HERE ON WALL 3 (facing 9 o'clock) AND WALL 5 (facing 3 o'clock)**

Section 5 : WALK FORWARD x 3, KICK; WALK BACK x 3, TOUCH

33,34,35,36 Walk forward on R,L,R, kick L forward
37,38,39,40 Walk back on L,R,L, touch R next to L

Section 6 : CHASSE RIGHT, ROCK BACK, RECOVER; CHASSE LEFT, ROCK BACK, RECOVER

41&42,43,44 Step R to right side, close L to R, step R to side, rock L back, recover onto R
45&46,47,48 Step L to left side, close R to L, step L to side, rock R back, recover on to L

KEEP IT GOING, BUT PLEASE NOTE :

***RESTARTS NEEDED WITH "CHAINS" MUSIC AFTER 32 COUNTS ON WALLS 3 AND 5**