

# Swing Your Chains For Two (P)

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 0      级数: Partner  
编舞者: Pat Pallas (CAN) & Joe Pallas (CAN)  
音乐: Chains - Tina Arena



**Position: Sweetheart, same footwork for both partners**

Adapted with permission, from the line dance **Swing Your Chains**, choreographed by Dee Soares and Shaun Maguire.

## WALK, WALK, MAMBO FORWARD, ANCHOR STEP, WALK, WALK

1-2            Walk forward right, left  
3&4           Step forward right, step left beside right, step back right  
5&6           Step left back slightly behind right, step on right, step on left  
**5&6 are done in 3rd foot position**  
7-8           Walk forward right, left

## ¼ TURN POINT, STEP, ¼ TURN POINT, STEP, ¼ TURN POINT, STEP, ¼ TURN POINT, STEP

1-2            Turn ¼ to left and point right toe to right, step on right

**Release left hands, right to right only**

3-4            Turn ¼ left and point left toe forward, step on left

**Release right hands, pick up left to left only**

5-6            Turn ¼ left and point right toe to right, step on right

**Pick up right hands returning to sweetheart position**

7-8            Turn ¼ left and point left toe forward, step on left

**Full turn completed, facing LOD**

**The points on 1,3,5 & 7 are done with a swinging motion with no weight**

## STEP, TOUCH, HOLD, ANCHOR STEP, WALK, WALK, BALL CROSS, POINT

&1-2           Step back on right, touch left toe forward, hold  
3&4           Step left back slightly behind right, step on right, step on left  
**3&4 are done in 3rd foot position**  
5-6           Walk forward right, left  
&7-8           Step on ball of right foot, cross left over right angling slightly to left  
**Point right toe to side**

## SYNCOPATED LEFT VINE WITH A PRESS, RECOVER, STEP, TRIPLE IN PLACE/TURNING TRIPLE

1-2            Cross right over left, step left to side  
3&4           Step right behind left, step left, step(press/lunge) right across left  
5-6           Recover on left, step right to the side  
**Lady begins a slight turn to right on 6, man releases left hands on 6**  
7&8           **MAN:** Step left, right, left in place  
                 **LADY:** Step left, right, left, making a full turn to right

**Man picks up left hand on 8, sweetheart position**

**Easier option on 7&8: both partners do a triple in place**

**REPEAT**