

Chained To The Rhythm

拍數: 32 牆數: 4 級數: Improver
編舞者: Tom Inge Soenju (NOR) - February 2017
音樂: 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!

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