

# Chained

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: John Dembiec (USA)  
音樂: Chains - Tina Arena



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## TOE TOUCHES WITH HIP BUMPS, TOE TAP, STEP, 360 COASTER STEP

1-2      Point right toe to right side and bump hip at same time, step right forward  
3-4      Point left toe to left side and bump hip at same time, step left forward  
5-6      Tap right toe behind left, step right back  
7&8      Step left back ½ turn left, step right back ½ turn left, step left forward

## SHUFFLE, STEP, PIVOT, CROSSING WALKS

1&2      Shuffle forward right, left, right  
3-4      Step left forward, pivot ½ right  
5-6      Step left forward and across right, step right forward and across left  
7-8      Repeat 5-6

## TOE HEEL STRUTS, MONTEREY TURN

1-2      Touch left toe to left, press left heel down  
3-4      Touch right toe across left, press right heel down  
5-6      Point left toe to left, turn ½ to left  
7-8      Point right toe to right, step right next to left

## STEP, DRAG, TOUCH, ROCK STEP, ½ TURN SWEEP, ¼ TURN SWEEP

1-2      Step left to left, drag right next to left and touch  
3-4      Rock back on right, replace to left  
5-6      Sweep right ½ turn to left, step right down  
7-8      Sweep left ¼ turn to right, step left down

**REPEAT**

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