

Chains

拍數: 96 牆數: 2 級數: Intermediate line/contra dance
編舞者: Allyson Cawood (UK) & Mark Stevens
音樂: Chains - Tina Arena



Dance the dance twice through, then the bridge, and then repeat the dance to the end. Finish with a big flourishing body roll. Dance with lots of feeling

Wait for 12 counts and then begin intro:

INTRO

- 1-8 Cross right foot over left foot and walk forward, pause snapping fingers of right hand, cross left foot over right foot and walk forward, pause with finger snap, repeat on right foot and left foot
- 1-8 Four cross walks backward with finger snap on 2nd count right-left-right-left
- 1-4 Two cross walks right left forward with finger snap on 2nd count
- 5-8 Two cross walks backward right left with finger snap on 2nd count
- 1-8 4 cross walks forward right-left-right-left with finger snap on 2nd count
- 1-6 Step right foot to right side (you will cross behind your partner if doing contra line) with finger snap on 2nd count, step left foot back, snap fingers right foot back, snap fingers
- 7-8 Step left foot to left side with big step, drag right foot to close to left foot bending body to right

THE MAIN DANCE

4 WALKS TO RIGHT WITH FINGER SNAPS

- 1-4 Step right foot to right side, snap fingers of right hand, step left foot across right foot, snap fingers of right hand
- 5-8 Repeat last 4 counts

FIGURE 8 HIPS, TURN, SHUFFLE BACK RIGHT-LEFT-RIGHT

- 1-4 Step right foot diagonally forward making figure 8 with hips (four figure 8s) finishing with weight on left foot
- 5-6 Step right foot to side and make 5/8 turn to right, stepping slightly back on left foot (finish facing 6:00 wall - i.e., opposite wall from original line of dance)
- 7&8 Step right foot back, left foot closes to right foot, step right foot back

FLICK AND POINT, STEP TURN TO RIGHT, REACH BACK, TURN TO FACE OPPOSING LINE

- 1&2 Flick left foot forward, step left foot next to right foot, point right foot to right side
- 3-4 Step right foot slightly to right, turn ½ to right on ball of right foot, step left foot slightly apart from right foot
- 5-7 Keeping feet in place turn ½ right (from the waist) with both arms extended as if reaching toward opposing line
- 8 Swing arms back and (using momentum) turn ½ left on ball of left foot (finish facing opposing line)

3 STEPS (RIGHT-LEFT-RIGHT) RDF, STEP AND DRAG, CROSS TURN

- 1-3 Step right foot diagonally forward to right, cross left foot over right foot, step right foot diagonally forward to right
- &4 Step left foot (large step) diagonally back to left, drag right foot back to left foot with contraction to right side
- 5-8 Step right foot forward, step left foot across right foot turning ¼ to left, step right foot back turning ¼ to left, step left foot next to right foot

SHUFFLE RIGHT DIAGONALLY FORWARD, CROSS ROCK, SHUFFLE LEFT DIAGONALLY BACK, CROSS ROCK

- 1&2-3-4 Step right foot diagonally forward to right, close left foot to right foot, step right foot diagonally forward to right, rock diagonally forward, crossing left foot over right foot while turning 1/8 to right, rock back, replacing weight on right foot
- 5&6-7-8 Step left foot diagonally back to left, close right foot to left foot, step left foot diagonally back to left, rock diagonally forward, crossing right foot over left foot making 1/8 turn to left, rock back, replacing weight on left foot

STEP TURN RIGHT DIAGONALLY FORWARD, HIPS, STEP TURN LEFT DIAGONALLY BACK, HIPS

- 1&2-3&4& Step right foot diagonally forward to right, close left foot to right foot while turning a full turn to the right on balls of both feet, step right foot diagonally forward to right, figure 8 hips
- 5&6-7&8& Step left foot diagonally back to left, close right foot to left foot while turning a full turn to the left on balls of both feet, step left foot diagonally back to left, figure 8 hips

4 PADDLE TURNS

- 1-4 Step right foot small step to side making 1/8 turn to left, replace weight on left foot making 1/8 turn to left, repeat
- 5-8 Repeat last 4 counts (makes 1 complete turn) - you should now be facing opposing line

BODY ROLL, CROSS TURN, BODY ROLL

- 1-4 Body roll (or use hips)
- 5-8 Step right foot forward, step left foot across right foot turning ¼ to left, step right foot back turning ¼ to left, step left foot next to right foot
- 1-8 Eight count body roll or hip movement

REPEAT

BRIDGE:

4 X (BACK ROCK, SIDE SHUFFLE)

- 1-2-3&4 Rock back on right foot, rock forward on left foot, while turning ¼ left, step right foot to right side, close left foot to right foot, while turning ¼ left, step back on right foot
- 5-6-7&8 Rock back on left foot, rock forward on right foot, while turning ¼ right, step left foot to left side, close right foot to left foot, while turning ¼ right, step back on left foot
- 1-8 Repeat last 8 counts

SHUFFLE RIGHT DIAGONALLY FORWARD, CROSS ROCK, SHUFFLE LEFT DIAGONALLY BACK, CROSS ROCK

- 1&2-3-4 Step right foot diagonally forward to right, close left foot to right foot, step right foot diagonally forward to right, rock diagonally forward, crossing left foot over right foot while turning 1/8 to right, rock back, replacing weight on right foot
- 5&6-7-8 Step left foot diagonally back to left, close right foot to left foot, step left foot diagonally back to left, rock diagonally forward, crossing right foot over left foot making 1/8 turn to left, rock back, replacing weight on left foot

STEP TURN RIGHT DIAGONALLY FORWARD, HIPS, STEP TURN LEFT DIAGONALLY BACK, DRAG

- 1&2-3&4& Step right foot diagonally forward to right, close left foot to right foot while turning a full turn to the right on balls of both feet, step right foot diagonally forward to right, figure 8 hips
- 5&6-7-8 Step left foot diagonally back to left, close right foot to left foot while turning a full turn to the left on balls of both feet, step left foot diagonally back to left, drag right foot to left foot with body contraction to right side and weight on left foot
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