Swing Your Chains

Choreographer: Dee Soares & Shaun Maguire
Description: 32 count, 2 wall, intermediate line dance
Music: **Chains** by Tina Arena

Beats / Step Description

WALK, WALK, SIDE ROCK RECOVER, ANCHOR STEP, WALK, WALK
1, 2   Walk right forward, Walk left forward
3&4   Rock right forward, Recover onto left, Step right next to left
5   Rock left back in closed 3rd position
&   Recover onto right
6   Rock left back in closed 3rd position
7, 8   Walk right forward, Walk left forward

¼ TURN, STEP A ¼, ¼ TURN, STEP A ¼, ¼ TURN, ¼ TURN, STEP, WALK., WALK
1   ¼ turn to the left, swinging right foot out
2   Put weight on right foot making a ¼ turn to the left
3   ¼ turn to the left, swinging left foot out
4   Put weight on left foot making a ¼ turn to the left
5   ¼ turn to the left, swinging right foot out
6   ¼ turn left and stepping forward on right foot
7, 8   Walk forward left, Walk forward right

PIVOT, HOLD, HOLD, ROCK, RECOVER, ROCK, WALK, WALK, STEP A 1/8 TURN, CROSS A 1/8 TURN, AND HOLD
&   Pivot a ½ turn to the left, and weight the right
1, 2   Hold, Hold
3   Rock left back in closed 3rd position
&   Recover onto right foot
4   Rock left back in closed 3rd position
5, 6   Walk forward right, Walk forward left
&   Step forward right making 1/8 turn to the left
7, 8   Cross left over right, making 1/8 turn to the left, Hold

WALK, WALK, STEP A ½ TURN TWICE, PRESS, RECOVER, STEP A ½ TURN X3, STEP A ¼ TURN
1, 2   Walk forward right, Walk forward left
3   Making ½ turn left step back on right
&   Making ½ turn left step forward on left
4   Press right foot forward
5   Recover weight to left
6   Making ½ turn right step forward on right
7   Making ½ turn right step back on left
&   Making ½ turn right step forward on right
8   Making ¼ turn right step forward on left

Smile and Begin Again