

Swing Your Chains

Choreography by Dee Soares & Shaun Maguire, USA

Type: 32 count 2 wall Smooth (West Coast Styling)
 Level: Intermediate
 Music: "Chains" by Tina Arena

Official UCWDC competition dance description
 Release Date 6-03 - Date of Change 7-01-03

Walk, Walk, Forward Rock, Recover, Anchor Step, Walk, Walk

1	1	Walk forward on Right (12:00)
2	2	Walk forward on Left
3	3	Rock forward on Right
&	&	Recover weight on Left
4	4	Step Right next to Left
5	5	Rock back on Left (closed 3 rd)
&	&	Recover weight on Right
6	6	Step back on Left (closed 3 rd)
7	7	Walk forward on Right
8	8	Walk forward on Left

1/4 Turn, Step 1/4 Turn, 1/4 Turn, Step 1/4 Turn, 1/4 Turn, 1/4 Turn, Step, Walk, Walk

9	1	Turn 1/4 left (face 9:00), touching Right toe out to side right lifting right hip
10	2	Turn 1/4 left (face 6:00), stepping back on Right
11	3	Turn 1/4 left (face 3:00), touching Left toe out to side left lifting left hip
12	4	Turn 1/4 left (face 12:00), stepping back on Left
13	5	Turn 1/4 left (face 9:00), touching Right toe out to side right lifting right hip
14	6	Turn 1/4 left (face 6:00), stepping forward on Right
15	7	Walk forward on Left
16	8	Walk forward on Right

Pivot, Hold, Hold, Rock, Recover, Rock, Walk, Walk, Step 1/4 Turn, Cross, Hold

&	&	Pivot 1/2 left (face 12:00), keeping weight Right
17	1	Hold position
18	2	Hold position
19	3	Rock back on Left (closed 3 rd)
&	&	Recover weight on Right
20	4	Step back on Left (closed 3 rd)
21	5	Walk forward on Right
22	6	Walk forward on Left
&	&	Turn 1/4 left (face 9:00), stepping Right to side right
23	7	Cross stepping Left over Right
24	8	Hold position

Walk, Walk, 1/4, 3/4 Turns, Press, Recover 1/2, 1/4, 3/4, 1/4 Turns

25	1	Walk forward on Right
26	2	Walk forward on Left
&	&	Step together with Right rotating 1/4 left (face 6:00),
27	3	Rotate 3/4 left stepping out on Left (face 9:00)
28	4	Press forward on Right
29	5	Recover weight on Left
30	6	Making 1/2 right (face 3:00), step forward on Right
&	&	Step together with Left rotating 1/4 right (face 6:00)
31	7	Rotate 3/4 right stepping out on Right (face 3:00),
32	8	Making 1/4 right (face 6:00), step forward on Left