

Swing Your Chains



STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Walk, Walk, Forward Rock Together, Anchor Step, Walk, Walk.	D. 1. 7. 6.	
1 - 2	Step forward right. Step forward left.	Right Left	Forward
3 & 4	Rock forward on right. Rock back onto left. Step right beside left.	Rock & Together	0 11
5	Rock slightly back on left (closed 3rd position).	Left	On the spot
& 6 7. 0	Rock forward onto right. Rock slightly back onto left.	Right Left	F
7 - 8 Note:-	Step forward right. Step forward left. 5&6 are a simple triple step with left slightly behind right and some hip action.	Step Step	Forward
Section 2	Toe Touches and 1/4 Turns to complete 1&1/2 Turn Left, Walk, Walk.		
1	Make 1/4 turn left touching right to right side.	Turn	Turning left
2	Make further 1/4 turn stepping down onto right.	Step	
3	Make 1/4 turn left touching left to left side.	Turn	Turning left
4	Make further 1/4 turn stepping down onto left.	Step	J J
5	Make 1/4 turn left touching right to right side.	Turn	Turning left
6	Make 1/4 turn left stepping forward onto right.	Forward	
7 - 8	Step forward left. Step forward right.	Left Right	Forward
Note:-	For added styling use hips during touches and turns.		
Section 3	1/2 Pivot, Hold (sweep) for 2, Anchor Step, Walk, Walk, Step Cross 1/4 Turn.		
&	Pivot 1/2 turn left, keeping weight back on right	Turn	Turning left
1 - 2	Hold for two counts (or left can be slowly swept around behind right).	1, 2	On the spot
3	Rock slightly back on left (in closed 3rd position).	Left	
& 4	Rock forward onto right. Rock slightly back onto left.	Right Left	
5 - 6	Step forward right. Step forward left.	Step Step	Forward
&	Step forward right making 1/8 turn left.	&	Turning left
7 - 8	Cross left over right, making 1/8 turn left. Hold.	Cross Hold	
Section 4	Walk, Walk, Full Turn Forward, Press, 1 & 3/4 Turn Travelling Back.		
1 - 2	Step forward right. Step forward left.	Right Left	Forward
3	Make 1/2 turn left, stepping back onto right.	Turn	Turning left
&	Make 1/2 turn left stepping forward onto left.	&	
4 - 5	Press ball of right forward. Rock back onto left.	Press Recover	Forward
6	Make 1/2 turn right, stepping forward onto right.	Turn	Turning Right
7	Make 1/2 turn right, stepping back onto left.	Turn	
&	Make 1/2 turn right, stepping forward onto right.	&	
8	Make 1/4 turn right, stepping forward on left.	Turn	

2 Wall Line Dance:- 32 Counts. Intermediate.

Choreographed by:- Dee Soares & Shaun Maguire.

Choreographed to:- 'Chains' by Tina Arena (166 bpm) from 'Don't Ask' album.