



## Pull My Chain

Phrased, 1 wall, intermediate level

Choreographer: The Girls (Maureen & Michelle)  
(England) May 02,

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Choreographed to: Pull My Chain by Toby Keith from  
the album 'Pull My Chain' bpm 94,

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SEQUENCE: A,B,A,B,A to count 16, B,A,A,A,A to end (easily identifiable via music)  
32 Count Intro

### SECTION A

#### PRESS, KICK, COASTER, SHUFFLE, ½ TURN, SHUFFLE

- 1-2 Press right forward (knees bent), recover weight onto left (straightening knees) and kick right forward  
3&4 Step right back, step left beside right, step right forward  
5&6 Shuffle forward on left, right, left  
7&8 Make ½ turn right and then shuffle forward on right, left, right

#### CURVING ½ TURN IN SYNCOPATED TOE STRUTS, POINT, HITCH, SYNCOPATED VINE, STEP

- 9-12 Over 4 counts make ½ turn left in toe-struts stepping left toe-heel (9&), right toe-heel (10&), left toe-heel (11&), right toe-heel (12&) (This is 'The Dog Walk' – feel free to howl, pant and make paws with hands. (No laughing! This is serious!!!))

NOTE: during counts 9-12 the toe-struts will form a 180 degree arc to the left

- 13-14 Touch left to left, hitch left knee across right leg  
15&16& Step left to left, step right behind left, step left to left, step right beside left

NOTE: The third time Section A is danced complete the first 16 counts then move to Section B. For this one occasion only, adapt count 16& to read: touch right beside left

#### PRESS, KICK, COASTER, SHUFFLE, ½ TURN, SHUFFLE

- 17-18 Press left forward (knees bent), recover weight onto right (straightening knees) and kick left forward  
19&20 Step left back, step right beside left, step left forward  
21&22 Shuffle forward on right, left, right  
23&24 Make ½ turn left and then shuffle forward on left, right, left

#### CURVING ½ TURN IN SYNCOPATED TOE STRUTS, POINT, HITCH, SYNCOPATED VINE, STEP

- 25-28 Over 4 counts make ½ turn right in toe-struts stepping right toe-heel (25&), left toe-heel (26&), right toe-heel (27&), left toe-heel (28&) (This is 'The Dog Walk' – feel free to howl, pant and make paws with hands. (No laughing! This is still serious!!!))

NOTE: during counts 25-28 the toe-struts will form a 180 degree arc to the right

- 29-30 Point right to right, hitch right knee across left leg  
31&32& Step right to right, step left behind right, step right to right, step left beside right

### SECTION B

#### REVERSE STEPS, ½ TURN, SHUFFLE, SYNCOPATED DIAGONAL ROCKING CHAIR, ¼ TURN, ROCK, RECOVER, ¼ TURN, STEP

- 1-2& Step right back, step left back, make ½ turn right and step right forward  
3&4 Shuffle forward on left, right, left  
5&6& Rock right across left, recover back onto left, rock right diagonally back right, recover forward onto left  
7&8 Make ¼ turn left and rock right forward, recover back onto left, make ¼ turn right and step right to right

#### SYNCOPATED DIAGONAL ROCKING CHAIR, ¼ TURN, ROCK, RECOVER, ¼ TURN, STEP, TOUCHES, FLICK, LARGE STEP, DRAG

- 9&10& Rock left across right, recover back onto right, rock left diagonally back left, recover forward onto right  
11&12 Make ¼ turn right and rock left forward, recover back onto right, make ¼ turn left and step left to left  
13&14& Touch right to right, touch right across left, touch right to right, flick right behind left  
15-16 Step right large step right, drag left to touch beside right

#### TOUCHES, FLICK, LARGE STEP, DRAG, TOE STRUTS WITH ½ TURN

- 17&18& Touch left to left, touch left across right, touch left to left, flick left behind right  
19-20 Step left large step left, drag right to touch beside left  
21&22& Step right toe to right, drop right heel, step left toe across right, drop left heel  
23&24& Make ¼ turn left and step right toe behind left, drop right heel, make ¼ turn left and step left toe forward, drop left heel

#### TOE STRUTS WITH ½ TURN, SYNCOPATED ROCKING CHAIR, STEP, ½ PIVOT, STOMP

- 25&26& Step right toe to right, drop right heel, step left toe across right, drop left heel  
27&28& Make ¼ turn left and step right toe behind left, drop right heel, make ¼ turn left and step left toe forward, drop left heel  
29&30& Rock right forward, recover back onto left, rock right back, recover forward onto left  
31&32 Step right forward, pivot ½ turn left, stomp right beside left
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**SYNCOPATED ROCKING CHAIR, STEP, ½ PIVOT, STOMP, FORWARD MAMBO, ½ TURN, SHUFFLE**

33&34& Rock left forward, recover back onto right, rock left back, recover forward onto right

35&36 Step left forward, pivot ½ turn right, stomp left beside right

37&38 Rock right forward, recover back onto left, step right back

39&40 Make ½ turn left and shuffle forward on left, right, left

(If preferred, counts 39&40 may be replaced with 1½ turns left stepping left, right, left)

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