

Chains

52 Count, 4 Wall, Intermediate

Choreographer: Lam Lam (CN) May 2015

Choreographed to: Chains by Nick Jonas, ft. Jhene Aiko
(Remix) (Audio)

Intro : 24 counts

- (1-8) Prissy Walk R L, Jazz Box 1/4R Cross Side, Back Rock 1/4L, Pivot 3/4L**
1 2 3&4& Prissy Walk Fwd on R L (1,2), Cross R over L(3), 1/4R step back on L(&), step R to side(4),
cross L over R(&)
5 6&7 8& Step R to side(5), Rock back on L(6), recover on R(&), 1/4L step fwd on L(7), Step R fwd (8),
Pivot 3/4L (&)
- (9-16) Side Hip Circle Bump L R, 1/4R, 1/4R, 1/4R shuffle fwd**
1 2 3 4 Step R to side circling hip anticlockwise from back to front(1) Touch L fwd toward L diagonal &
bump hip to left(2) Step down on L to side circle hip clockwise from front to back taking
weight on L(3) Touch R fwd toward R diagonal & bump hip to right(4)
5 6 7&8 1/4R step fwd on R(5), 1/4R step fwd on L(6), 1/4R step fwd on R(7), step L next to R(&),
step fwd on R(8)

(Restart here on Wall 5)

- (17-24) Cross, Point, Full Monterey Turn R Side Rock, Cross, Scissor Cross R, 1/4R Back Lock Step**
1 2 3&4 Cross L over R(1), Point R to side(2), Full monterey turn R step down on R(3),
Rock L to side(&), Recover on R(4)
5&6& Cross L over R(5), Step R to side(&), Step L close to R(6), Cross R over L(&),
7&8& 1/4R Step back on L(7), Step R back(&), Lock L over R(8), Step R back(&)
- (25-32) 1/2L, Back sweep, 1/2L Sailor Fwd, 3/4L, 1 1/4 Turn R, Pivot 1/2R Fwd**
1 2 1/2L Step L fwd(1), step back on R sweeping Lf from front to back(2)
3&4&5 Step L behind R(3), 1/2L step down on R(&), step fwd on L(4), 1/2Lstep back on R(&),
1/4Lstep L to side(5)
6&7&8& 1/4R Step R fwd(6), 1/2R Step L back(&), 1/2R Step R fwd(7), Step L fwd (&), pivot 1/2R(8),
step L fwd.(&)

(Restart here on Wall 1 & 3)

- (33-36) Side Rock Cross ,Full Turn R, Side Rock Cross**
1&2& Rock R to side(1), Recover on L(&), Cross R over L(2), 1/4R Step back on L(&)
3&4& 1/2R step fwd on R(3), 1/4R Rock L to side(&), Recover on R(4), Cross L over R(&)
- (37-44) Side Touch X2, Side Chasse Touch, Side Touch X2, Side Chasse**
1&2& Step R to side(1), Touch L beside R(&), Step L to side(2), Touch R beside L(&)
2&4& Step R to side(3), step L beside R(&), Step R to side(4), Touch R beside L(&)
5&6& Step L to side(5), Touch R beside L(&), Step R to side(6), Touch L beside R(&)
7&8 Step L to side(7), Step R beside L(&), Step L to side(8)
- (45-52) Cross Rock Side, Cross Rock 1/4L, Pivot 1/2L, Syncopated Shorty George Walks**
1&2 Cross rock R over L(1), Recover on L(&), Step R to side(2)
3&4 Cross rock L over R(3), Recover on R(&), 1/4L step fwd on L(4) 56 Step fwd on R(5),
pivot 1/2L (6)
7&8& Step R fwd and roll R knee out(7), Step L fwd and roll L knee out(&) Step R fwd and roll
R knee out(8), Step L fwd and roll L knee out(&)

Restarts: On Wall 1 & 3, restart the dance after 32 counts
On wall 5, dance up to count 16, then step L next to R & restart the dance.
Bridge: After Wall 4, repeat the last 16 counts once.
Ending: The dance ends on Wall 6 after 36 counts.
Sequence: 32, 52, 32, 52, Bridge (Last 16 counts), 16&, 36 end