



Web site: [www.linedancerweb.com](http://www.linedancerweb.com)

E-mail: [admin@linedancerweb.com](mailto:admin@linedancerweb.com)

## Loosen Up Those Chains

64 Count, 2 Wall, Improver

Choreographer: Heather Barton (UK) Nov 2016

Choreographed to: Some Days You Gotta Dance by  
The Dixie Chicks.

Album: The Essentials

---

<b>Intro:</b>	<b>32 Counts</b>
<b>Section 1</b>	<b>Right Toe, Heel, Toe Kick, Right Jazz Cross</b>
1,2	Touch right toe next to left heel, bend left knee, touch right heel next to left
3,4	Touch right toe next to left heel, bend left knee, kick right slight diag
5,6	Cross right over left, step back left
7,8	Step right to right side, cross left over right
<b>Section 2</b>	<b>Vine Right, Touch, Vine Left ¼ Turn, Scuff Right</b>
1,2	Step right to right side, step left behind
3,4	Step right to right side, touch left beside right
5,6	Step left to left side, step right behind left
7,8	¼ turn left step forward, scuff right foot forward
<b>Section 3</b>	<b>Step Right Scuff Left, Step Left Scuff Right, Run Back R,L,R, Hitch Left</b>
1,2	Step forward right, scuff left foot forward
3,4	Step forward left, scuff right foot forward
5,6	Step back right, step back left
7,8	Step back right, hitch left knee
<b>Section 4</b>	<b>Left Coaster, Brush Right, Jazz Box ½ Turn</b>
1,2	Step back left, step right beside left
3,4	Step left forward, brush right foot forward
5,6	Cross right over left, ¼ turn right step left back
7,8	¼ turn right step right forward, step left beside right
<b>Section 5</b>	<b>2x ½ Monterey Turns Right</b>
1,2	Touch right toe to right side, make ½ turn over right step right down
3,4	Touch left toe to left side, step left beside right
5,6	Touch right toe to right side, make ½ turn over right step right down
7,8	Touch left toe to left side, step left beside right
<b>Section 6</b>	<b>Side Rock Right, Step, Right Behind, Side rock left, Step, Left Behind, 1/4 Right, Step Left fwd</b>
1,2	Rock right to right side, step left in place
3,4	Step right behind left, rock left to left side
5,6	Step right in place, step left behind right
7,8	¼ turn right step right forward, step left forward ****2nd Restart Wall 4 / 3rd Restart + tag Wall 5
<b>Section 7</b>	<b>Step Right Fwd, Touch Left, Step Back Left, Kick Right, Back Together, Walk Right &amp; Left</b>
1,2	Step forward right, touch left behind right heel
3,4	Step back left, kick right foot forward
5,6	Step back right, step left beside right
7,8	Walk forward right, walk forward left ** 1st Restart Wall 2
<b>Section 8</b>	<b>V Shape Heels, Back Together, Bump R,L,R,L</b>
1,2	Step onto right heel diagonal, step onto left heel diagonal
3,4	Step right foot back, step left foot beside right (weight on left)
5,6	Bump right hip to right side, bump left hip to left side
7,8	Bump right hip to right side, bump left hip to left side
<b>Restarts:</b>	<b>On walls 2, 4 &amp; 5 plus 1 tag</b>
<b>Tag:</b>	<b>4 count Tag – Right rocking chair</b>
1,2	Rock fwd right, rec left
3,4	Rock back right, rec left

---