

Chained To The Rhythm

32 Count, 4 Wall, Improver

Choreographer: Tom I Soenju (NO) Feb 2017

Choreographed to: Chained To The Rhythm by Katy Perry,
ft. Skip Marley

Track: 3:58m - 96 bpm
Intro: 8 Counts.
Sequence: Repeating sequence.
Tag/Restart: 2 tags, after wall 5 and 10, and 2 restarts, after section 2 in wall 3 and 7.
End: Change last 2 counts to cross L over R and unwind to front.

Section 1: R Step, Lock, Step-Lock-Step, Sync. Rocking Chair, Pivot Turn

1 Step Right foot diagonally forward
2 Lock Left foot behind Right foot
3 & Step Right foot diagonally forward and lock Left foot behind Right foot
4 Step Right foot diagonally forward
5 & Rock Left foot forward (correct to 12:00 O'clock) and recover weight onto Right foot
6 & Rock left foot back and recover weight onto Right foot
7 Step Left foot forward
8 Half turn to your right ending with weight on your Right foot.

Section 2: L Shuffle ½ R Turn, Coaster step, 2x Sync. Cross Samba, Cross Step

1 & Quarter turn to your right stepping Left foot to left side and stepping Right foot next to Left foot
2 Quarter turn to your right stepping left foot back
3 & Step Right foot back and step Left foot next to Right foot
4 Step Right foot forward
5 & Cross Left foot over Right foot and rock on ball of Right foot to right side
6 & Recover weight onto Left foot and cross Right foot over Left foot
7 & Rock on ball of Left foot to left side and recover weight onto Right foot
8 Cross Left foot over Right foot
Restarts here after wall 3 and 7

Section 3: ¼ L Turn, B step, F Step, ¼ Turn Chassé, Cross Step, Full Unwind, Chassé

1 Quarter turn to your left stepping Right foot back
2 Step left foot forward
3 & Quarter turn to your left stepping Right foot to right side and stepping Left foot next to Right foot
4 Step Right foot to right side
5 Cross Left foot over Right foot
6 Unwind full turn to your right
7 & Step Left foot to left side and step Right foot next to Left foot
8 Step Left foot to left side

Section 4: R Sailor, 2x Cross-Back-Side, Cross-Back-Turn

1 & Step Right foot back and step Left foot to left side
2 Step Right foot to right side
3 & Cross Left foot over Right foot and step Right foot back
4 Step Left foot to left side
5 & Cross Right foot over Left foot and step Left foot back
6 Step Right foot to right side
7 & Cross Left foot over Right foot and step Right foot back
8 Quarter turn to your left stepping Left foot forward

Tag 1 & 2: 2x ½ Pivots

1 **Step Right foot forward**
2 **Half turn to your left with weight on your Left foot**
3 **Step Right foot forward**
4 **Half turn to your left with weight on your Left foot**

Start again and enjoy! Happy Dancing!
