



Break The Chain

32 Count 4 Wall High Beginner Level Dance.
Choreographed by: Emma Ruhnau (DE) Feb 2025
Choreographed to: Break The Chain by One Billion Rising
Intro: 80 Counts. Start at approx 42 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Intro Start Immediately facing (6:00)

SEC 1 RAISE ARMS, ARMS DOWN AND PRAY

1-8 Raise arms above your head

1-8 Put your arms down and close your hands in front of your breast to pray

SEC 2 SWAY X4, SWAY X4

1-4 Sway on RF, R arm to R side, Sway on LF, L arm to L side

5-8 Sway on RF, R arm to R side, Sway on LF L arm to L side

1-4 Sway on RF, R arm to L shoulder, Sway on LF, L arm to R shoulder

5-8 Sway on RF, R arm to L shoulder, Sway on LF L arm to R shoulder

SEC 3 WALK X4, TOGETHER X2, CROSS, ½ TURN

1-2 Walk RF fwd

3-4 Walk LF fwd

5-6 Walk RF fwd

7-8 Walk LF fwd

1-2 Step on RF

3-4 Step on LF

5-6 Cross RF over LF

7-8 ½ turn unwind

SEC 4 TOGETHER X16

1-2 Step on RF, step on LF

3-4 Step on RF, step on LF

Arms 1-4 with your arms down as you walk

5-6 Step on RF, step on LF put your under arms up

7-8 Step on RF, step on LF put your R arm and your index finger up to the sky

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Break The Chain
Continues... Page 1 of 2



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Continued... Page 2 of 2

Main Dance

SEC 1 STOMP, HEEL BOUNCE ½ TURN, STOMP, HEEL BOUNCE ½ TURN

- 1 Stomp RF in front
- 2-3-4 Bounce both feet 3 times and make a ½ turn over your L Shoulder weight is on LF (6:00)
- 5 Stomp RF in front
- 6-7-8 Bounce both feet 3 times and make a ½ turn over your L Shoulder weight is on LF (12:00)

SEC 2 STEP, TOUCH, BACK, TOUCH, STEP, TOUCH, BACK, TOUCH

- 1-2 Step RF fwd, touch your LF next to RF
- 3-4 Step LF back, touch your RF next to LF
- 5-6 Step RF fwd, touch your LF next to RF
- 7-8 Step LF back, touch your RF next to LF

SEC 3 ROCK, ½ SHUFFLE TURN, STEP, ½ PIVOT, SHUFFLE

- 1-2 Step RF fwd, put your weight back on LF
- 3&4 ½ turn over R Shoulder with weight on RF, step LF next to RF, step RF fwd (6:00)
- 5-6 Step LF fwd, make a ½ turn over your R shoulder, put weight on RF (12:00)
- 7&8 Step LF fwd, step RF next to LF and step LF fwd

Restart Here on Wall 4

SEC 4 STEP, POINT, STEP, POINT, JAZZ BOX ¼ TURN

- 1-2 Step RF fwd, point with the LF to the L side
- 3-4 Step LF fwd, point with your RF to R side
- 5-6 Cross RF over your LF, step your LF back
- 7-8 Turn ¼ R step RF to the side, step your LF next to RF with weight on LF (3:00)

