

Chained to the Rhythm

Counts: 32 **Walls:** 4 **Level:** Improver
Choreographer: Tom I. Soenju (NOR), FEB 2017
Music: "Chained to the Rhythm" by Katy Perry feat. Skip Marley
Track: 3:58, 96 bpm, Chained to the Rhythm
Availability: Available on iTunes, Google Play and Amazon.

Note: No note(s)!
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!

Contact: If anything is unclear or if you would like additional information, please contact me:
Mail: tom@soenju.dance
Facebook (Tom Inge Søenju): www.facebook.com/tom.soenju
Website: www.soenju.dance