

Chains of LOVE!

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Evada Rustina (INA) & Val Saari (CAN) - March 2021

Music: Chains - The Cookies

Intro : 16 counts. Begin on the word "Chains"

RF KICK-BALL POINT L, SYNCOPATED POINT R, RF ROCKING CHAIR

1&2-3 Kick RF Forward, Step RF next to Left, Point LF Toes to Left Side, hold (3)
&4 Step LF right, Point Right Toe to Right Side (4)
5-6 Rock RF forward, Recover LF
7-8 Rock RF back, Recover LF

RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), SWAY R,L

1-2 Rock RF forward, recover LF
3&4 Shuffle back RLR Pivot 1/2 R
5&6 Shuffle back LRL Pivot 1/2 R
7-8 Step RF to right and sway, Sway left (weight on LF)

RF ROCK BACK/RECOVER, LINDY RIGHT, SHUFFLE LEFT 1/4 TURN L

1-2 Rock RF back, recover LF
3&4 Shuffle right, RLR
5-6 Rock back on LF, Recover on RF
7&8 Shuffle left, LRL 1/4 turn left

RF TOE TOUCH/CROSS FLICK, STEP-LOCK-STEP, LF ROCK/RECOVER/ LF COASTER STEP

1-2 Touch RF toes forward, Flick RF across LF
3&4 Step RF forward, Lock LF behind R, Step RF forward
5-6 Rock LF forward, Recover RF
7&8 Step LF back, Step RF beside L, Step LF forward

REPEAT

No tags, no restarts

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