

Stepping
off the
Page

Script
approved by



Swing Your Chains



STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 & 4 5 & 6 7 - 8 Note:-	Walk, Walk, Forward Rock Together, Anchor Step, Walk, Walk. Step forward right. Step forward left. Rock forward on right. Rock back onto left. Step right beside left. Rock slightly back on left (closed 3rd position). Rock forward onto right. Rock slightly back onto left. Step forward right. Step forward left. 5&6 are a simple triple step with left slightly behind right and some hip action.	Right Left Rock & Together Left Right Left Step Step	Forward On the spot Forward
Section 2 1 2 3 4 5 6 7 - 8 Note:-	Toe Touches and 1/4 Turns to complete 1&1/2 Turn Left, Walk, Walk. Make 1/4 turn left touching right to right side. Make further 1/4 turn stepping down onto right. Make 1/4 turn left touching left to left side. Make further 1/4 turn stepping down onto left. Make 1/4 turn left touching right to right side. Make 1/4 turn left stepping forward onto right. Step forward left. Step forward right. For added styling use hips during touches and turns.	Turn Step Turn Step Turn Forward Left Right	Turning left Turning left Turning left Forward
Section 3 & 1 - 2 3 & 4 5 - 6 & 7 - 8	1/2 Pivot, Hold (sweep) for 2, Anchor Step, Walk, Walk, Step Cross 1/4 Turn. Pivot 1/2 turn left, keeping weight back on right Hold for two counts (or left can be slowly swept around behind right). Rock slightly back on left (in closed 3rd position). Rock forward onto right. Rock slightly back onto left. Step forward right. Step forward left. Step forward right making 1/8 turn left. Cross left over right, making 1/8 turn left. Hold.	Turn 1, 2 Left Right Left Step Step & Cross Hold	Turning left On the spot Forward Turning left
Section 4 1 - 2 3 & 4 - 5 6 7 & 8	Walk, Walk, Full Turn Forward, Press, 1 & 3/4 Turn Travelling Back. Step forward right. Step forward left. Make 1/2 turn left, stepping back onto right. Make 1/2 turn left stepping forward onto left. Press ball of right forward. Rock back onto left. Make 1/2 turn right, stepping forward onto right. Make 1/2 turn right, stepping back onto left. Make 1/2 turn right, stepping forward onto right. Make 1/4 turn right, stepping forward on left.	Right Left Turn & Press Recover Turn Turn & Turn	Forward Turning left Forward Turning Right

INTERMEDIATE

2 Wall Line Dance:- 32 Counts. Intermediate.

Choreographed by:- Dee Soares & Shaun Maguire.

Choreographed to:- 'Chains' by Tina Arena (166 bpm) from 'Don't Ask' album.