

Chained to the Rhythm

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Judy Rodgers (USA) March 2017

Music: Chained to the Rhythm by Katy Perry

#8 count intro

[1-8] Kick ball cross, big step drag/touch, turn 1/4 L, turn 1/4 L, turn 1/4 L sailor step

- 1&2** Kick R fwd, step on ball of R, cross L over R
- 3&4** Step R big step to right, drag L slowly toward R, touch L beside R
- 5-6** Turn 1/4 left step L fwd, turn 1/4 left step R to side - 6:00
- 7&8** Turn 1/4 left step L behind R, step R to right side, step L to left side - 3:00

[9-16] Rock recover, step lock step, turn 1/2 shuffle L, rocking chair

- 1-2** Rock R fwd, recover L
- 3&4** Step R back, step/lock L across R, step R back
- 5&6** Turn 1/2 left shuffle L R L - 9:00
- 7&8&** Rock R fwd, recover L, rock R back, recover L

** Restart here on Walls 3 and 7 (Restarts at 3:00 both times)

[17-24] Kick & touch & touch turn 1/4 L heel, drag ball step, shuffle step

- 1&2** Kick R fwd, step down on R, touch L to left side
- &3&4** Step L beside R, touch R to right side, turn 1/4 left step R fwd, touch L heel fwd - 6:00
- 5&6** Drag L back to R, step on ball of L, step R fwd
- 7&8** Shuffle fwd L R L

[25-32] Cross side rock, behind turn 1/4 R step, kick ball change, walk, walk

- 1&2** Cross R over L, rock L to left side, recover R
- 3&4** Step L behind R, turn 1/4 right step R fwd, step L fwd - 9:00
- 5&6** Kick R fwd, step on ball of R, step L fwd
- 7-8** Walk R fwd, walk L fwd

**2 Restarts:

Both Wall 3 and Wall 7 start at 6:00. Dance 16 counts and Restart at 3:00

****2 Tags:**

Add the following 4 counts at the end of Wall 5 (facing 9:00) and Wall 10 (facing 6:00)

Out out in in

1-4 Step R fwd/out, step L fwd/out, recover R to center, recover L to center

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