

Off The Chain

LINEDANCE.COM

Count: 64 **Wall:** 2 **Level:** Phrased Intermediate / Advanced

Choreographer: Fred Whitehouse (June 2014)

Music: I Can't Believe It - Flo Rida (feat. pitbull)

Sequence as follows

A,B(restart),A,A,A,B,A,A,A,B,(TAG),B,A,A

B pattern shall always face the 6:00 wall

A sequence

Step hitch x3, ¼ turn jazz box

1-2step RF forward, hitch R knee (also scooting LF forward) travel forward to 12.00

&-3step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00

&-4step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00

5-6step RF across L, step LF to side

7-8¼ turn R stepping RF to R side, close LF next to R.

hip bumps x2, hip rolls x2

1-2touch RF to R diagonal pushing hip forward, close RF next to L.

3-4touch LF to L diagonal pushing hip forward, close LF next to R

5-6step RF to R as you roll your hips from L to R (add a little hip bop at end of roll)

7-8step LF to L as you roll your hips from R to L (add a little hip bop at the end of roll)

facing 3.00

Syncopated weave, touch, ¼ turn, ½ turn, hop hop

1-2step RF to R side, step LF behind R

&-3step RF to R side, cross LF over R

&-4step RF to R side, touch LF behind R (snap finger as you to look right)

5-6¹/₄ L stepping LF forward (12.00) ¹/₂ turn L stepping RF back (6.00)

7-8¹/₄ turn L hopping with both feet together (3.00) ¹/₄ turn L hopping with both feet together (12.00)

Pivot turn x2, jazz box ¹/₂ turn

1-2step RF forward, pivot ¹/₂ turn L (weight on LF) (6.00)

3-4step RF forward, pivot ¹/₂ turn L (weight on LF) (12.00)

5-6step RF forward, step LF back diagonal

7-8¹/₂ turn R, stepping RF forward (6.00) close LF next to R

B sequence

Kick and point x2, step rock recover x2

1&2kick RF forward, place RF next to L, point LF to L side

3&4kick LF forward, place LF next R, point RF to R side

5&6cross RF over L, rock LF to L side, recover onto RF

7&8cross LF over R, rock RF to R side, recover onto LF

Chug x4, step rock recover x2

1-2 ¹/₈ turn L stomping RF forward (popping R should forward) ¹/₈ turn L stomping RF forward (popping R shoulder forward)

3-4repeat counts 1-2 this should complete ¹/₂ turn

the section above can also be danced with hip wiggles making a rotation

5&6cross RF over L, rock LF to L side, recover onto RF

7&8cross LF over R, rock RF to R side, recover onto LF

***RESTART* during first B section**

Chug x4, step chest pop x2, close chest pop x2

1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)

3-4 repeat counts 1-2 this should complete 1/2 turn

the section above can also be danced with hip wiggles making a rotation

5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)

7-8 close LF next , pop chest x2

Chug x4, step chest pop x2, close chest pop x2

1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)

3-4 repeat counts 1-2 this should complete 1/2 turn

the section above can also be danced with hip wiggles making a rotation

5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)

7-8 close LF next , pop chest x2

***TAG* (Starts facing front wall)**

Full turn Left clap, full turn Right clap

1-4 full turn L stepping L,R,L, touch RF next to L, clap

5-8 full turn R stepping R,L,R touch LF next to R, clap

Jump out, cross, unwind, body roll x2

1-4 jump both feet apart, jump both feet cross (RF over L) unwind 1/2 Left over 2 counts

5-8 body roll to Right over 2 counts, body roll to Left over 2 counts (weight on LF)

Syncopated weave chest pop x2

1-2 step RF forward diagonal, step LF behind R

&-3 step RF forward diagonal, close LF next to R

&-4chest pop

5-6step LF forward diagonal, step RF behind L

&-7step LF forward diagonal, close RF next to L

&-8chest pop

Out, out, slap, jump, shake

1-2step RF out, step LF out

3-4bend forward and slap the floor, recover

5-6jump both feet together, hold

7-8shimmy on the spot

Easier than it looks, hope you all enjoy.

There is also a clean cut version of this track.

Last Update - 5th July 2014