

SWING YOUR CHAINS FOR TWO

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Count: 32 **Wall:** — **Level:** —

Choreographer: Pat & Joe Pallas

Music: Chains by Tina Arena

Position: Sweetheart, same footwork for both partners

Adapted with permission, from the line dance Swing Your Chains, choreographed by Dee Soares and Shaun Maguire.

WALK, WALK, MAMBO FORWARD, ANCHOR STEP, WALK, WALK

1-2 Walk forward right, left

3&4 Step forward right, step left beside right, step back right

5&6 Step left back slightly behind right, step on right, step on left

5&6 are done in 3rd foot position

7-8 Walk forward right, left

¼ TURN POINT, STEP, ¼ TURN POINT, STEP, ¼ TURN POINT, STEP, ¼ TURN POINT, STEP

1-2 Turn ¼ to left and point right toe to right, step on right

Release left hands, right to right only

3-4 Turn ¼ left and point left toe forward, step on left

Release right hands, pick up left to left only

5-6 Turn ¼ left and point right toe to right, step on right

Pick up right hands returning to sweetheart position

7-8 Turn ¼ left and point left toe forward, step on left

Full turn completed, facing LOD

The points on 1,3,5 & 7 are done with a swinging motion with no weight

STEP, TOUCH, HOLD, ANCHOR STEP, WALK, WALK, BALL CROSS, POINT

&1-2 Step back on right, touch left toe forward, hold

3&4 Step left back slightly behind right, step on right, step on left

3&4 are done in 3rd foot position

5-6 Walk forward right, left

&7-8 Step on ball of right foot, cross left over right angling slightly to left

Point right toe to side

SYNCOPATED LEFT VINE WITH A PRESS, RECOVER, STEP, TRIPLE IN PLACE/TURNING TRIPLE

1-2 Cross right over left, step left to side

3&4 Step right behind left, step left, step(press/lunge) right across left

5-6 Recover on left, step right to the side

Lady begins a slight turn to right on 6, man releases left hands on 6

7&8MAN: Step left, right, left in place

LADY: Step left, right, left, making a full turn to right

Man picks up left hand on 8, sweetheart position

Easier option on 7&8: both partners do a triple in place

REPEAT