

These Gold Chains

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Count: 64 **Wall:** 4 **Level:** Phrased Intermediate / Advanced

Choreographer: Ami Carter (February 2019) UK

Music: Lyin' to Myself by Todrick Hall (Straight Outta Oz)

Intro: 16 counts (start with vocals)

Sequence: AABA AABA then A to the end!

PART A

[1 - 8] SYNCOPATED JAZZ BOX, SIDE, ¼ SAILOR STEP, ¼ HITCH/BUMP & SIT

- 1 2&3** Cross right foot over left, step left foot back, step right foot slightly to right side, cross left over right
- 4** Step right foot to right side
- 5&6** Make ¼ turn left stepping left behind right, step right foot in place, step left foot slightly to left (9.00)
- 7&8** Hitch right knee and bump right hip making ¼ left turn on ball of left foot, step right foot to right side, swing hips to right and 'sit' into right hip (6.00)

[9 - 16] ¼, ½, COASTER STEP, FUNKY WALK, MAMBO WITH SLIDE

- 1 2** Make ¼ turn left stepping forward on left foot, make ½ turn left stepping back on right foot (9.00)
- 3&4** Step left foot back, close right foot next to left, step left foot forward
- 5** Step right foot forward with body angled to left diagonal and knees slightly bent
- &** Collect left foot to right without taking weight and returning body angle to square
- 6** Step left foot forward with body angled to right diagonal and knees slightly bent
- &** Collect right foot to left without taking weight and returning body angle to square
- 7&8** Rock right foot forward, replace weight back onto left foot, take a long step/slide back with right foot (9.00)

[17 - 24] BACK, ¼, CROSS & HEEL & TOUCH & TOUCH, OUT-OUT, BALL CROSS, KNEE POP

- 1&2** Step left foot back, make ¼ turn right step right foot to right side, cross left foot over right (12.00)

- &3** Step right foot to right side, touch left heel to left diagonal
- &4&5** Step left foot in place, touch right next to left, step right in place, touch left next to right
- &6&7** Step right foot to right side, step left foot to left side, step left foot next to right, cross right over left
- &8** Lift both heels whilst popping knees forward, replace heels down (weight remains on right) (12.00)

[25 - 32] SIDE, REVERSE SAILOR, TOUCH BEHIND, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{4}$ TURNING CHASSE

- 1** Step left foot to left side
- 2&3** Step right behind left, make $\frac{1}{4}$ turn left stepping left to left side, step right to right side (9.00)
- 4** Touch left toe behind right
- 5 6** Make $\frac{1}{4}$ turn left stepping onto left foot, make $\frac{1}{2}$ turn left stepping back onto right (12.00)
- 7&8** Make $\frac{1}{4}$ turn left stepping left to left side, close right to left, step left to left side (9.00)

PART B (Walls 3 & 7 facing 6.00)

Note: The first 24 counts of Part B are Nightclub 2 Step Rhythm. The final 8 counts return you to the original tempo of Part A

[1 - 8] CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER $\frac{1}{4}$

- 1 2 3 4** Rock right foot across left, hold, recover back onto left foot, step right foot slightly to right side (6.00)
- 5 6 7 8** Rock left foot across right, hold, recover back onto right foot, make $\frac{1}{4}$ turn left stepping left forward (3.00)

[9 - 16] $\frac{1}{4}$ NIGHTCLUB BASIC, $\frac{1}{2}$ SPIRAL TURN, $\frac{1}{4}$, $\frac{1}{2}$,

- 1 2 3 4** Make $\frac{1}{4}$ turn left stepping right foot to right side, hold, close left foot slightly behind right, step right foot across left (12.00)
- 5 6** Make $\frac{1}{4}$ turn right stepping left foot back, make $\frac{1}{4}$ turn right on ball of left foot hooking right across left (6.00)
- 7 8** Make $\frac{1}{4}$ turn right stepping right foot forward, make $\frac{1}{2}$ turn right stepping left foot back (3.00)

[17 - 24] $\frac{1}{4}$ SIDE, $\frac{1}{2}$ DIAMOND FALLAWAY

- 1 2** Make $\frac{1}{4}$ turn right stepping right foot to right side, hold (6.00)
- 3 4** Make $\frac{1}{8}$ turn left stepping left foot back, step right foot back (4.30)
- 5 6** Make $\frac{1}{8}$ turn left stepping left foot to left side, hold (3.00)
- 7 8** Make $\frac{1}{8}$ turn left stepping right foot forward, step left foot forward (1.30)

[25 - 32] DIAGONAL ROCKING CHAIR, STEP, $\frac{1}{2}$ PIVOT TURN, $\frac{3}{8}$ BACK, BACK

- 1 2 3 4** Rock forward onto right foot, recover back onto left, rock back onto right foot, recover forward onto left (1.30)
- 5 6** Step right foot forward, pivot $\frac{1}{2}$ turn left shifting weight forward onto left foot (7.30)
- 7 8** Make $\frac{3}{8}$ turn left stepping right foot back, step left foot back (3.00)