

# Chained to The Rhythm

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Alison Biggs & Peter Metelnick (TheDanceFactoryUK) - February 2017

**Music:** Chained To The Rhythm by Katy Perry

**Start after 8 count intro approx. 4 secs - 95bpm - 3mins 57secs**

**Music Available: amazon**

**[1-8] R fwd, ½ L pivot turn, ½ L paddle turn, syncopated jazz box together, R & L side switches**

- 1-2** Step R forward, pivot ½ left (6 o'clock)
- &3&4** Turning ¼ left on L point R side, hitch R, turning ¼ left on L point R side, hitch (12 o'clock)
- 5&** Cross step R over L, step L back
- 6&** Step R side, step L together
- 7&8** Point R side, step R together, point L side

**[9-16] L ball cross weave 2, R sailor step, L touch & ½ L turn step, 2 ball steps travelling ½ L**

- &1-2** Step L back, cross step R over L, step L side
- 3&4** Cross step R behind L, step L side, step R side
- 5-6** Touch L back, turning ½ left take weight on L (6 o'clock)
- &7&8** Ball step twice turning ½ left (12 o'clock)

**RESTART: During WALL 3 (facing back wall), WALL 7 (facing L side wall) restart from the beginning here**

**[17-24] R fwd mambo, L back mambo cross, R syncopated side rock/recover, R behind, L side ball step 2X**

- 1&2** Rock R forward, recover weight on L, step R together
- 3&4** Rock L back, recover weight on R, cross step L over R
- 5&6** Rock R side, recover weight on L, cross step R behind L
- &7&8** Step L back, cross step R over L, step L side, cross step R over L

**[25-32] L side, ¼ R toaster, L fwd, ½ L & R back & hitch, syncopated heel switches, L together**

- 1** Step L side
- 2&3** Turning ¼ right step back, step L together, step R forward (3 o'clock)
- 4-6** Step L forward, turning ½ left step R back, hitch L knee (9 o'clock)
- &7** Step L back, touch R heel forward
- &8** Step R together, touch L heel forward
- &** Step L together

**TAG: At end of WALL 5 and WALL 10, both facing front wall, add the following 4 counts**

- 1-4** Step R out to right diagonal, step L out to left diagonal, step R back, step L together

**FINALE - WALL 12: You will be facing back wall as you finish, so step R forward, pivot ½ left to face front Ta! Da!**

**Website: [www.thedancefactoryuk.co.uk](http://www.thedancefactoryuk.co.uk) Email: [info@thedancefactoryuk.co.uk](mailto:info@thedancefactoryuk.co.uk)**

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