

Chained to The Rhythm

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2017

Music: Chained to the Rhythm - 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 Email: info@thedancefactoryuk.co.uk

Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P