

“I’M IN CHAINS”

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MUSIC: **“Chains”** by Tina Arena, from **Hot West Coast Swing, Vol. 1**
[music edited (cut 1st 8 bars) for length] [Contact Choreographer for Availability]
PHASE & RHYTHM: **Phase VI West Coast Swing**
SEQUENCE: **INTRO, A, INTER, A, B, INTER, A, C, B, B MOD**

INTRO

OP FC / LOD 8 ft Apt Lead Ft Free

1-4 WAIT;; 3 X-PTS & X-PRESS to SHAD / WALL;;

1-2 [WAIT] OP FC / LOD 8 ft apt lead ft free wait 2 ms (W OP FC / fc RLOD 8 ft apt lead ft free wait 2 ms);
3 **1_3_** [X-PTS & X-PRESS] XLif, pt R sd, xRif, pt L sd (W xRif, pt L sd, xLif, pt R sd);
4 **1_3_** XLif, pt R sd, xRif trn rf to SHAD / WALL, press L fwd LOD (W xRif, pt L sd, xLif trn lf to SHAD / WALL, press R fwd RLOD);

5-8 DISCO PEEK-A-BOOS w/ HIP LIFTS;; join RT HDS & WHIP w/ INSD UNDERARM TRN;;

5 **1_** [DISCO PEEK-A-BOOS w/ HIP LIFTS] Fwd L LOD swvl rf, press R RLOD looking at ptr/lift rt hip, lower rt hip/lift rt hip, lower rt hip (W fwd R RLOD swvl lf, press L LOD looking at ptr/lift lt hip, lower lt hip/lift lt hip, lower lt hip);
6 **1_** Fwd R RLOD swvl lf, press L LOD looking at ptr/lift lt hip, lower lt hip/lift lt hip, lower lt hip (W fwd L LOD swvl rf, pt R RLOD looking at ptr/lift rt hip, lower rt hip/lift rt hip, lower rt hip);
7 **123&4** [RT HDS & WHIP w/ INSD UNDERARM TRN] Join rt hds bk L RLOD, rec fwd R trng rf & leading W rf trn sd L/x Rif, sd L fc RLOD (W join rt hds fwd R RLOD, fwd L trn rf fc LOD, bk R/cl L to R, fwd R LOD);
8 **123&4** Trn rf sd & bk R, fwd L LOD lead W lf underarm trn under joined rt hds, in pl R/L, R join lead hds LOP / LOD (W fwd L LOD, fwd R lf underarm trn under joined rt hds, in pl L/R, L join lead hds fc RLOD);

PART A

1-4 SURPRISE WHIP;; UNDERARM PASSING VOLTAS w/ RONDE & COASTER ending;;

1 **123&4** [SURPRISE WHIP] LOP / LOD bk L, rec fwd R, trng rf & leading W rf trn sd L/x Rif, sd L fc RLOD (W fwd R RLOD, fwd L, rf trn bk R/cl L to R, fwd R LOD);
2 **123&4** Trn rf ck fwd R RLOD, rec L lead W rf underarm trn, in pl R/L, R LOP / RLOD (W rf trn ck bk L fc RLOD, rec fwd R RLOD rf underarm trn, in pl L/R, L fc LOD);
3 **12&3_&** [UNDERARM PASSING VOLTAS w/ RONDE & COASTER] Bk L, rec fwd R/sd L, xRif cking W’s lf underarm trn w/ rt hd, ___/sd L (W fwd R LOD, fwd L/sd R, xLif cking lf underarm trn, ___/sd R);
4 **123&4** XRif fc LOD, sd L ronde R cw, xRib/cl L to R, fwd R LOP / LOD (W xLif fc RLOD, sd R ronde L ccw, x Lib/cl R to L, fwd L RLOD);

5-8 WHIP w/ SIT LINES & MAN RUN IN to HEADLOOP;; MAN BK OUT 4 / LADY HIP ROLL 4 & join RT HDS for THROWOUT;;

5 **123&4** [WHIP w/ SIT LINES & MAN RUN IN to HEADLOOP] LOP / LOD bk L, rec fwd R, trng rf sd L/x Rif, sd L fc RLOD (W fwd R RLOD, fwd L trn rf fc LOD, bk R/cl L to R, fwd R LOD);
6 **123&4** Trng rf fwd R, bk L sit line fc LOD, rec fwd to ptr R/L, R loop W’s rt hd over own head (W trng rf bk L, bk R sit line fc RLOD, rec in pl L/R, L leading M’s run & loop rt hd over M’s head);
7 **1234** [MAN BK OUT 4 / LADY HIP ROLL 4] Bk L, bk R, trn lf sd L join rt hds cl R to L fc RLOD (W in pl hip rolls R, L, R, L joining rt hds);
8 **1&23&4** [THROWOUT] Fc RLOD bk L/cl R to L, fwd L lead W pass rt sd, in pl R/L, R (W fwd R/L, R RLOD trng lf, in pl L/R, L fc LOD);

9-12 WHIP ½ to HD CHGS BEH BK in 4 fc LOD in TANDEM;; 4 DISCO PEEK-A-BOOS;;

9 **123&4** [WHIP ½ to HD CHG BEH BK in 4 to TANDEM] LOP / RLOD bk L, rec fwd R, trng rf sd L/x Rif, sd L fc LOD (W fwd R LOD, fwd L trn rf fc RLOD, bk R/cl L to R, fwd R LOD);
10 **1234** Bk R slight trn rf chng W’s rt hd to own rt hd beh W’s bk, fwd L trng lf lead W spin rf to TANDEM / LOD release hds, in pl R, L (W trn rf bk L RLOD chg rt hd to M’s rt hd beh own bk, fwd R finish rf spin 1 ½ rotations to TANDEM / LOD in pl L, R hds on M’s shs);
11 **1_3_** [DISCO PEEK-A BOOS] Sd R WALL, pt L COH look at ptr, sd L COH, pt R WALL look at ptr (W hds on M’s shs leading peek-a boos sd L COH, pt R WALL look at ptr, sd R WALL, pt L COH look at ptr);
12 **1_3_** Sd R WALL, pt L COH look at ptr, sd L COH loop rt arm over W, pt R WALL look at ptr (W sd L COH, pt R WALL look at ptr, sd R WALL, pt L COH look at ptr);

13-14 MAN LOOP RT ARM for LADY OUT 2 & ANCHOR;; 2 SLO CHICKEN WKS;

13 **123&4** [LADY OUT 2 & ANCHOR] Bk R lead W fwd LOD, rec fwd L join lt hds lead W lf trn, in pl R/L, R chg to lead hds fc LOD (W fwd L LOD, fwd R lf trn, in pl L/R, L fc RLOD);
14 **1_3_** [SLO CHICKEN WKS] LOP / LOD bk L lead W rf swvl, __, bk R lead W lf swvl, __ (W swvl rf fwd R, __, swvl lf fwd L, __);

“I’M IN CHAINS” cont.

INTER

- 1-4 **TOG 3 for BK TRAVELING KICK/BALL SWVLS & SLINGSHOT THROWOUT ;;;;**
1 * **[TOG 3 for BK TRAVEL KICK/BALL SWVLS]** LOP/LOD bk L, cl R, fwd L ptr's rt sd, lead W swvl rf kick R fwd/lead W swvl lf bk R (W LOP fwd R, fwd L, fwd R to ptr's rt sd, swvl ½ rf kick L fwd LOD/swvl ½ lf fwd L RLOD);
2 Bk L, lead W swvl rf kick R fwd/lead W swvl lf bk R, bk L, lead W swvl rf kick R fwd/ lead W swvl lf bk R (W fwd R, swvl ½ rf kick L fwd LOD/swvl ½ lf fwd L RLOD, fwd R, swvl ½ rf kick L fwd LOD/swvl ½ lf fwd L RLOD);
3 Bk L, lead W swvl rf kick R fwd/cl R lead W into bk stp, **[SLINGSHOT THROWOUT]** Lunge fwd L, rec bk R lead W fwd (W fwd R, swvl ½ rf kick L fwd LOD/ bk L,) (W cl R, fwd L LOD);
4 Fwd L/R, L, spt in pl R/L, R LOP/LOD (W fwd L/R, L trn lf, spt in pl R/L, R LOP fc RLOD);
(W fwd LOD R/L, R trn lf, spt in pl L/R, L LOP fc RLOD);
* **{TIMING FOR MS 1-4 is 1234&;12&34&;12&34;1&23&4;}**

PART A

- 1-4 **SURPRISE WHIP;; UNDERARM PASSING VOLTAS to RONDE & COASTER ending;;**
5-8 **WHIP w/ SIT LINES & MAN RUN IN to HEADLOOP;;**
MAN BK OUT 4 / LADY HIP ROLL 4 & join RT HDS for THROWOUT ;;
9-12 **WHIP ½ to HD CHGS BEH BK in 4 fc LOD in TANDEM;; 4 DISCO PEEK-A-BOOS;;**
13-14 **MAN LOOP RT ARM for LADY OUT 2 & ANCHOR; 2 SLO CHICKEN WKS;**

PART B

- 1-4 **UNDERARM TRN;; TUCK & TWL STACK HDS L over R;;**
start WRAPPED WHIP to VARS / LOD;
1 **123&4** **[UNDERARM TRN]** LOP / LOD bk L, rec fwd R, trng rf & leading W lf underarm trn fwd L/R, L (W fwd R RLOD, fwd L, lf underarm trn fwd R/L, R);
2 **1&234** In pl R/L, R fc RLOD (W in pl L/R, L fc LOD), **[TUCK & TWL STACK HDS]** LOP / RLOD bk L, bk R (W fwd R, fwd L);
3 **23&4** Tap L fwd lead W tuck rt sd, fwd L lead W rf underarm twl, in pl R/L, R fc RLOD join lt hds over rt hds (W tap R bk tuck rt sd fwd, rec bk R rf underarm twl, in pl L/R, L fc LOD join lt hds over rt hds);
4 **123&4** **[start WRAPPED WHIP to VARS]** Bk L, rec fwd R trng rf & raising both hds sd L/xRif, sd L to VARS / LOD w/ rt hds on W's rt sh (W fwd R LOD, fwd L, raising stacked hds fwd R/cl L to R, bk R to VARS / LOD w/ rt hds on rt sh);
5-8 **RT HD DBL RF TWL to “L” POS; LADY FWD 2 & NECK WRAP in a TRIPLE; SHAD WK 4;**
LADY OUT 2 & ANCHOR;
5 **123&4** **[RT HD DBL RF TWL to “L” POS]** Release lt hds lead W rf twl 2 rotations under joined rt hds bk R, sd L, in pl R/L, R to “L” POS fc WALL (W release lt hds twl rf 2 rotations under joined rt hds bk L, fwd R, in pl L/R, L fc LOD);
6 **123&4** **[LADY FWD 2 & NECK WRAP]** Sd L, rec bk R fc LOD, lead W lf neck wrap into rt arm bk L/cl R, fwd L LOD rt hds on W's rt sh join lt hds (W fwd R LOD, fwd L, neck wrap lf into rt arm fwd R/L, R fc LOD rt hds joined on W's rt sh join lt hds);
7 **1234** **[SHAD WKS]** SHAD NECK WRAPPED POS fwd LOD R, L, R, L (W fwd LOD L, R, L, R);
8 **123&4** **(LADY OUT 2 & ANCHOR)** Fwd R, rec bk L release rt hds lead W lf tm w/ joined lt hds, in pl R/L, R LOP / LOD (W fwd L LOD, fwd R release rt hds trn lf, in pl L/R, L LOP fc RLOD);

INTER

- 1-4 **TOG 3 for BK TRAVELING KICK/BALL SWVLS & SLINGSHOT THROWOUT ;;;;**

PART A

- 1-4 **SURPRISE WHIP;; UNDERARM PASSING VOLTAS to RONDE & COASTER ending;;**
5-8 **WHIP w/ SIT LINES & MAN RUN IN to HEADLOOP;;**
MAN BK OUT 4 / LADY HIP ROLL 4 & join RT HDS for THROWOUT ;;
9-12 **WHIP ½ to HD CHGS BEH BK in 4 fc LOD in TANDEM;; 4 DISCO PEEK-A-BOOS;;**
13-14 **MAN LOOP RT ARM for LADY OUT 2 & ANCHOR; 2 SLO CHICKEN WKS;**

“I’M IN CHAINS” cont.

PART C

- 1-4** **SUGAR PUSH w/ RKS;; UNDERARM TRN;;, LT SD PASS w/ TUCK & TWL;;**
1 12_4 [SUGAR PUSH w/ RKS] LOP / LOD bk L, bk R, tap L fwd, rk fwd L (W fwd R, fwd L, tap R bk, rk bk R);
2 123&4 Rk bk R, fwd L, in pl R/L, R (W rk fwd L, bk R, in pl L/R, L);
3 123&4 [UNDERARM TRN] LOP / LOD bk L, rec fwd R, trng rf & leading W lf underarm trn fwd L/R, L
(W fwd R RLOD, fwd L, lf underarm trn fwd R/L, R);
4 1&234 In pl R/L, R fc RLOD (W in pl L/R, L fc LOD), [LT SD PASS w/ TUCK & TWL] LOP / RLOD bk L, rec fwd R (W fwd R LOD, fwd L);
- 5-8** **fin TUCK & TWL; RK WHIP;;;**
5 _23&4 Tap L fwd LOD lead W tguck rt sd, fwd L lead W rf underarm twl, in pl R/L, R LOP / LOD
(W tap R & tuck rt sd fwd, fwd R rf underarm twl, in pl L/R, L fc RLOD)
6 123&4 [RK WHIP] LOP / LOD bk L, rec fwd R, trng rf sd L/xRif, sd L fc RLOD
(W fwd R RLOD, fwd L trn rf fc LOD, bk R/cl L to R, fwd R LOD);
7 1234 Trng rf rk fwd R LOD, rk bk L, cont trng rf rk fwd R RLOD, rk bk L (W trng rf rk bk L LOD, rk fwd R, cont trng rf rk bk L RLOD, rk fwd R);
8 123&4 Cont trng rf fwd R LOD, fwd L, in pl R/L, R LOP / LOD (W cont trng rf bk L LOD, bk R, in pl L/R, L fc RLOD);

PART B

- 1-4** **UNDERARM TRN;;, TUCK & TWL STACK HDS L over R;;**
start WRAPPED WHIP to VARS / LOD;
- 5-8** **RT HD DBL RF TWL to “L” POS; LADY FWD 2 & NECK WRAP in a TRIPLE; SHAD WK 4;**
LADY OUT 2 & ANCHOR;

PART B MOD

- 1-4** **UNDERARM TRN;;, TUCK & TWL STACK HDS L over R;;**
start WRAPPED WHIP to VARS / LOD;
- 5-9** **RT HD DBL RF TWL to “L” POS; LADY FWD 2 & NECK WRAP in a TRIPLE;**
SLO SHAD WK 4;; MAN HOLD / LADY FWD & SWITCH to LT SHAD PRESS LINE;
- 7 1_3_ [SLO SHADWKS] SHAD NECK WRAPPED POS fwd LOD R, __, fwd L, __ (W fwd LOD L, __, fwd R, __);
8 1_3_ Fwd R, __, fwd L, __ (W fwd L, __, fwd R, __);
9 1___ [MAN HOLD / LADY FWD & SWITCH TO LT SHAD PRESS LINE] Swvl rf on L press R fwd RLOD, __, __, __
(W fwd L LOD to M’s lt arm swvl rf on L press R fwd RLOD, __, __, __);