

Chains

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Music: "Chains" by Patty Loveless: CD = "Honky Tonk Angel", 45 = Coll 90080
Download from Amazon (album = "Honky Tonk Angel")
Dance: West Coast Swing, phase 4 Tempo: 29 mpm (100%)
Sequence: Intro AB AB Bridge AB End Oct 2014

Some definitions used below:

LOFP = left open facing position

Anchor = [in LOFP] small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right,
(W small back left with toes turned out and instep close to heel of right/ recover slightly forward right, slightly back left,)

Coaster = [small sailor shuffle] cross right in back of left/small side left, small side right,
(W [bk hitch] back left/close right to left, forward left,)

Note: Either partner may use a coaster where the anchor is specified below.

French Cross = [W only] forward right turning 1/4 left face/cross left in front continuing left face turn, back right,

Run Turn = [W only] fwd R/ fwd L, fwd R turn 1/2 LF,

Note: The lady may use a Run Turn where the French Cross is specified below.

INTRO

1-4 CP WALL WAIT; THROWOUT; WRAPPED WHIP;;

1 CP WALL wait;

2 {**throwout**} fwd and sd L stg 1/4 LF trn/cl R, fwd L (W sd and bk R stg 1/4 LF trn/cl L, sd and bk R) to LOFP LOD, anchor,;

3-4 {**wrapped whip**} bk L to BFLY, raising jnd ld hnds and ldng W fwd XRif trn 1/4 RF, sd L cont RF trn lowering jnd ld hnds/cl R, sd and fwd L (W fwd R, fwd L, fwd R passing under jnd ld hnds/cl L, bk R) to WRP RLOD; XRib stg RF trn rel trl hnds, sd and fwd L comp 1/2 RF trn (W bk L, bk R) to LOFP LOD, anchor,;

PART A

1-5 SUGAR PUSH ~ UNDERARM TURN;;; WRAPPED WHIP;;

1-3 {**sugar push**} LOFP LOD bk L, bk R, tap L slightly fwd of R, fwd L; (W fwd R, fwd L, tap R slightly bk of L, bk R;) to LOFP LOD anchor,,

{**underarm turn**} bk L trn RF raising ld hnds btw ptrs, fwd R trn RF; fwd L/cl R, fwd L, (W fwd R, fwd L undr ld hnds; french cross,,) to LOFP RLOD anchor,;

4-5 {**wrapped whip**} repeat meas 3-4 of intro in opposite orientation,;

6-8 LEFT SIDE PASS ~ TUCK AND SPIN [to HNDSHK];;;

6-8 {**L side pass**} bk L stg LF trn, sm bk R out of slot comp 1/4 LF trn ldng W to pass M's L sd, sd L/cl R, fwd L trng 1/4 LF; (W fwd R, L, french cross,,) to LOFP LOD anchor,,
{**tuck & spin**} bk L, bk R bring ld hnd in to center ldng W to a R sd ld; tap L to R with L shdr ld, fwd L with L sd ld to ld W's spin, (W fwd R, fwd L slight trn LF to tight LOFP; tch R to L, trng 1/2 RF fwd R spin 1/2 RF to fc ptr,) gaining hndshk hold M fcg LOD anchor,;

PART B

1-3 RIGHT SIDE PASS ~ SUGAR PUSH;;;

1-3 {**R side pass**} trn LF away from W fwd L, sm bk R ldng W to pass, fwd L

comp LF turn to fc RLOD/cl R, fwd L; (W fwd R, fwd L, french cross,;) to LOFP RLOD anchor,,

{**sugar push**} repeat sugar push from part A except fcg RLOD,;;

4-6 MAN'S UNDERARM TURN ~ TUCK AND SPIN;;;

4-6 {**M's und turn**} bk L, fwd and sd R twd W's L sd raising jnd ld hnds comm RF trn, sd L cont trn/bk and sd R comp 1/2 RF turn, fwd L; (W fwd R, fwd L, french cross,;) to LOFP LOD anchor,,

{**tuck & spin**} repeat tuck and spin from part A except end in LOFP LOD,;;

7-10 UNDERARM TURN ~ LEFT SIDE PASS;;; SIDE BREAKS;

7-9 {**underarm turn**} repeat underarm turn from part A,;;

{**L side pass**} repeat left side pass from part A,;;

10 {**side breaks a1a2a3a4**} remaining in LOFP LOD sd L/sd R, replace L/cl R, sd L/sd R, replace L/cl R;

BRIDGE

1-3 MAN'S UNDERARM TURN [to HNDCHK] ~ RIGHT SIDE PASS;;;

1-3 {**M's und turn**} repeat M's und turn from part B except ending in LOFP RLOD,;;
[M may underturn anticipating the R side pass]

{**R side pass**} repeat R side pass from part B except ending in LOFP LOD,;;

END

1-6 SUGAR PUSH ~ WRAPPED WHIP ~ LEFT SIDE PASS;;;;; BK 2 & POINT;

1-5 {**sugar push**} repeat sugar push from part A,;;

{**wrapped whip**} repeat wrapped whip from intro,;;,

{**L side pass**} repeat L side pass from part A except ending in LOFP RLOD,;;

6 {**bk 2 & point**} bk L, bk R, point sd L (W fwd R, L, point sd R), -;