

# “I’M IN CHAINS”

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**MUSIC:** **“Chains”** by Tina Arena, from Hot West Coast Swing, Vol. 1  
*[music edited (cut 1<sup>st</sup> 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

**1-4** **OP FC / LOD 8 ft Apt Lead Ft Free**  
**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 tm rf to SHAD / WALL, press L fwd LOD (W xRif, pt L sd, xLif tm 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 lt 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** **[UNDERARM PASSING VOLTAS w/ RONDE & COASTER]** Fwd R RLOD 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 tmg rf & leading W rf tm sd L/x Rif, sd L fc RLOD (W join rt hds fwd R RLOD, fwd L tm rf fc LOD, bk R/cl L to R, fwd R LOD);  
**8** **123&4** Tm rf sd & bk R fwd L LOD lead W lf underarm tm under joined rt hds, in pl R/L, R join lead hds LOP / LOD (W fwd L LOD, fwd R lf underarm tm 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, tmg rf & leading W rf tm sd L/x Rif, sd L fc RLOD (W fwd R RLOD, fwd L, rf tm bk R/cl L to R, fwd R LOD);  
**2** **123&4** Tm rf ck fwd R RLOD, rec L lead W rf underarm tm, in pl R/L, R LOP / RLOD (W rf tm ck bk L fc RLOD, rec fwd R RLOD rf underarm tm, 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 tm w/ rt hd, \_\_\_/sd L (W fwd R LOD, fwd L/sd R, xLif cking lf underarm tm, \_\_\_/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, tmg rf sd L/xRif, sd L fc RLOD (W fwd R RLOD, fwd L tm rf fc LOD, bk R/cl L to R, fwd R LOD);  
**6** **123&4** Tm 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 tmg 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, tm 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&2&3&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 tmg 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, tmg rf sd L/xRif, sd L fc LOD (W fwd R LOD, fwd L tm rf fc RLOD, bk R/cl L to R, fwd R RLOD);  
**10** **1234** Bk R slight tm rf chng W’s rt hd to own rt hd beh W’s bk, fwd L tmg lf lead W spin rf to TANDEM / LOD release hds, in pl R, L (W tm 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 tm, in pl R/L, R chg to lead hds fc LOD (W fwd L LOD, fwd R lf tm, 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, \_\_\_);

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## INTER

1-4

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

1

\* [TOG 3 for BK TRAV EL KICK/BA LL 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

3

(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);

4

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);

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/x R lf, sd L to VARS / LODw/ 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 rf2 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 trn w/ joined lt hds, in pl R/L, RLOP / LOD

(W fwd L LOD, fwd R release rt hdstrn 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;;**

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**WHIP w/ SIT LINES & MAN RUN IN to HEADLOOP;;**

**MAN BK OUT 4 / LADY HIP ROLL 4 & join RT HDS for THROWOUT;;**

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

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**MAN LOOP RT ARM for LADY OUT 2 & ANCHOR; 2 SLO CHICKEN WKS;**

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## 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 If underarm tm fwd L/R, L  
(W fwd R RLOD, fwd L, If underarm tm 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 tuck 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/x Rf, sd L fc RLOD  
(W fwd R RLOD, fwd L tm 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, fwdL, 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, \_\_, \_\_, \_\_);