

# Chains

Count: 64

Wall: 1

Level: Advanced Phrased

Choreographer: Mike Liadouze (FR) - April 2026

Music: Chains - Nick Jonas



Introduction: 8 counts

Sequence: Intro AABbtC AA'BBtCC A'BBt

INTRO (16 counts):

**[1-8] POP R ARM UP INTO CHAINS POSITION, POP L ARM UP INTO CHAINS POSITION**

- 1-2 Pop R arm side up closed fist
- 3&4 Continue popping R arm up above head
- 5-6 Pop L arm side up closed fist
- 7&8 Continue popping R arm up above head, finish wrists closed

**[9-16] POP R ARM DOWN, POP L ARM DOWN**

- 1-2 Pop R arm side down
- 3&4 Continue popping R arm down
- 5-6 Pop L arm side down
- 7&8 Continue popping L arm down

PART A (16 counts):

**[1-8] SIDE, TOUCH, SIDE, BEHIND, ¼, STEP, LOCK, WALK x2, MAMBO FWD**

- 1&2& Step RF side, Touch LF together, Step LF side opening R toe out, Cross RF behind LF
- 3&4 ¼ turn L... Step LF forward, Step RF forward, Lock LF behind RF hitching R knee (9:00)
- 5-6 Step RF forward, Step LF forward
- 7&8 Rock step RF forward, Recover on LF back, Step RF back

**[9-16] GLIDE ½, PRESS FWD, BOOGIE WALK, STEP ¼ TURN, CROSS, ¼, ¼, TOUCH**

- 1-2 ¼ turn L... Step LF side dragging RF in, ¼ turn L... Press RF forward (3:00)
- 3&4 Step RF pushing hip/knee side, Step LF pushing hip/knee side, Step RF pushing hip/knee side
- 5-6 Step LF forward, ¼ turn R... Step RF side (6:00)
- 7&8& Cross LF over RF, ¼ turn L... Step RF back, ¼ turn L... Step LF side, Touch RF together (12:00)

PART B (16 counts):

**[1-8] SIDE, PREP x2, ¾ DRAG, BACK x2, ¼, PREP x2, ¾ DRAG, BACK x2**

- 1 Step RF side chest to 1:30 crossing wrists above head closed fists
- 2 Recover on LF side turning chest to 10:30 lowering arms chest level hands open
- & Recover on RF side turning chest to 1:30 uncrossing hands on heart
- 3-4& ¼ turn L... Step LF forward continuing ½ turn L... dragging RF back, Step RF back, Step LF back (3:00)
- 5 ¼ turn R... Step RF side chest to 7:30 crossing wrists above head closed fists (6:00)
- 6 Recover on LF side turning chest to 4:30 lowering arms chest level hands open
- & Recover on RF side turning chest to 1:30 uncrossing hands on heart
- 7-8& ¼ turn L... Step LF forward continuing ½ turn L... dragging RF back, Step RF back, Step LF back (9:00)

**[9-16] BACK ROCK, RECOVER, STEP, TRIPLE ¾ TURN INTO ½ GLIDE BOX, SAILOR ½ INTO NEXT**

**PART**

- 1-2-3 Rock step RF back, Recover on LF forward, Step RF forward  
 4&5 ¼ turn R... Step LF together, ½ turn R... Step RF together, Step LF side (6:00)  
 6-7 ¼ turn R... Step RF side, ¼ turn R... Step LF side (12:00)  
 8& ¼ turn R... Cross RF behind LF, ¼ turn R... Step LF side (6:00)

**TAG (4 counts):****[1-4] SIDE ROCK INTO FIGURE 8 WEAVE**

- 1& Rock step RF side, Recover on LF side  
 2& Cross RF behind LF, ¼ turn L... Step LF forward (9:00)  
 3& Step RF forward, ½ turn L... Step LF forward (3:00)  
 4& ¼ turn L... Step RF side, Cross LF behind RF (12:00)

**PART C (16 counts):****[1-8] REVERSE FULL CHUG TURN x2**

- 1&2& Press RF side, Recover on LF side, ¼ turn R... Press RF side, Recover on LF side (3:00)  
 3&4 ¼ turn R... Press RF side, Recover on LF side, ½ turn R... Step RF side (12:00)  
 5&6& Press LF side, Recover on RF side, ¼ turn L... Press LF side, Recover on RF side (9:00)  
 7&8 ¼ turn L... Press LF side, Recover on RF side, ½ turn L... Step LF side (12:00)

**[9-16] (SYNCHOPATED ROCKING CHAIR, STEP, SYNCHOPATED STEP ½ TURN) x2**

- 1&2& Rock step RF forward, Recover on LF back, Rock step RF back, Recover on LF forward  
 3-4& Step RF forward, Step LF forward, ½ turn R... Step RF forward (6:00)  
 5&6& Rock step LF forward, Recover on RF back, Rock step LF back, Recover on RF forward  
 7-8& Step LF forward, Step RF forward, ½ turn L... Step LF forward (12:00)

**PART A' (16 counts):****[1-8] SIDE, TOUCH, SIDE, BEHIND, ¼, STEP, LOCK, STEP, LOCK, STEP, STEP, LOCK, STEP, STEP**

- 1&2& Step RF side, Touch LF together, Step LF side opening R toe out, Cross RF behind LF  
 3&4 ¼ turn L... Step LF forward, Step RF forward, Lock LF behind RF hitching R knee (9:00)  
 5&6& Step RF diagonally forward, Lock LF behind RF, Step RF diagonally forward, Step LF diagonally forward  
 7&8 Lock RF behind LF, Step RF diagonally forward

**[9-16] SYNCHOPATED ROCKING CHAIR, CHAISE ½ TURN, SWEEP ¾, CROSS, SIDE, SAILOR INTO NEXT PART**

- 1&2& Rock step LF forward, Recover on RF back, Rock step LF back, Recover on RF forward  
 3&4 Step LF forward, ½ turn R... Step RF forward, Step LF forward (3:00)  
 5-6 ¾ turn L... Sweep RF forward, Cross RF over LF (6:00)  
 7-8& Step LF side, ¼ turn R... Cross RF behind LF, ¼ turn R... Step LF side (12:00)

**ENDING: Bring arms up above head, crossed wrists****Strong lyrics about emotional captivity, dance with your heart <3****Last Update: 4 Apr 2026**