

# Off The Chain

**Count:** 64    **Wall:** 2    **Level:** Phrased Intermediate / Advanced

**Choreographer:** Fred Whitehouse (June 2014)

**Music:** I Can't Believe It - Flo Rida (feat. pitbull)

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## Sequence as follows

**A,B(restart),A,A,A,B,A,A,A,B,(TAG),B,A,A**

**B pattern shall always face the 6:00 wall**

## A sequence

### Step hitch x3, ¼ turn jazz box

- 1-2            step RF forward, hitch R knee (also scooting LF forward) travel forward to 12.00
- &-3            step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00
- &-4            step RF down, hitch R knee (also scooting LF forward) travel forward to 12.00
- 5-6            step RF across L, step LF to side
- 7-8            ¼ turn R stepping RF to R side, close LF next to R.

### hip bumps x2, hip rolls x2

- 1-2            touch RF to R diagonal pushing hip forward, close RF next to L.
- 3-4            touch LF to L diagonal pushing hip forward, close LF next to R
- 5-6            step RF to R as you roll your hips from L to R ( add a little hip bop at end of roll)
- 7-8            step LF to L as you roll your hips from R to L ( add a little hip bop at the end of roll)
- facing 3.00

### Syncopated weave, touch, ¼ turn, ½ turn, hop hop

- 1-2            step RF to R side, step LF behind R
- &-3            step RF to R side, cross LF over R
- &-4            step RF to R side, touch LF behind R (snap finger as you to look right)
- 5-6            ¼ L stepping LF forward (12.00) ½ turn L stepping RF back (6.00)
- 7-8            ¼ turn L hopping with both feet together (3.00) ¼ turn L hopping with both feet together (12.00)

### Pivot turn x2, jazz box ½ turn

- 1-2            step RF forward, pivot ½ turn L (weight on LF) (6.00)
- 3-4            step RF forward, pivot ½ turn L (weight on LF) (12.00)
- 5-6            step RF forward, step LF back diagonal
- 7-8            ½ turn R, stepping RF forward (6.00) close LF next to R

## B sequence

### Kick and point x2, step rock recover x2

- 1&2            kick RF forward, place RF next to L, point LF to L side
- 3&4            kick LF forward, place LF next R, point RF to R side
- 5&6            cross RF over L, rock LF to L side, recover onto RF
- 7&8            cross LF over R, rock RF to R side, recover onto LF

### **Chug x4, step rock recover x2**

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)
- 3-4 repeat counts 1-2 this should complete 1/2 turn

**\*the section above can also be danced with hip wiggles making a rotation\***

- 5&6 cross RF over L, rock LF to L side, recover onto RF
- 7&8 cross LF over R, rock RF to R side, recover onto LF

**\*RESTART\* during first B section**

### **Chug x4, step chest pop x2, close chest pop x2**

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)
- 3-4 repeat counts 1-2 this should complete 1/2 turn

**\*the section above can also be danced with hip wiggles making a rotation\***

- 5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)
- 7-8 close LF next , pop chest x2

### **Chug x4, step chest pop x2, close chest pop x2**

- 1-2 1/8 turn L stomping RF forward (popping R should forward) 1/8 turn L stomping RF forward (popping R shoulder forward)
- 3-4 repeat counts 1-2 this should complete 1/2 turn

**\*the section above can also be danced with hip wiggles making a rotation\***

- 5-6 step RF forward ,(angle body to L diagonal) popping chest x2 (feet should be apart)
- 7-8 close LF next , pop chest x2

**\*TAG\* (Starts facing front wall)**

### **Full turn Left clap, full turn Right clap**

- 1-4 full turn L stepping L,R,L, touch RF next to L, clap
- 5-8 full turn R stepping R,L,R touch LF next to R, clap

### **Jump out, cross, unwind, body roll x2**

- 1-4 jump both feet apart, jump both feet cross (RF over L) unwind 1/2 Left over 2 counts
- 5-8 body roll to Right over 2 counts, body roll to Left over 2 counts (weight on LF)

### **Syncopated weave chest pop x2**

- 1-2 step RF forward diagonal, step LF behind R
- &-3 step RF forward diagonal, close LF next to R
- &-4 chest pop
- 5-6 step LF forward diagonal, step RF behind L
- &-7 step LF forward diagonal, close RF next to L
- &-8 chest pop

### **Out, out, slap, jump, shake**

- 1-2 step RF out, step LF out
- 3-4 bend forward and slap the floor, recover
- 5-6 jump both feet together, hold

7-8 shimmy on the spot

**Easier than it looks, hope you all enjoy.**

**There is also a clean cut version of this track.**

**Last Update - 5th July 2014**