

# Chain My Heart

**Level:** Easy Intermediate      **Genre:** Dance  
**Artist:** Topic & Bebe Rexha  
**Choreo:** Jo Buswell & Kingsley Dawes, Perth WA  
**Speed:** 95%      **Length:** 2:36  
**Sequence:** A, B, Chorus, Break, A, B, Chorus, Break, Chorus\*  
**Wait:** 16 beats

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## Quick Cues

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### Part A ( 32 beats)

8 Twisty Vine (L)  
8 2 Heel Toe Combo (R & L)  
8 Twisty Vine (R)  
8 2 Heel Toe Combo

### Part B (32 beats)

8 2 Rock Pull Double  
8 2 Stomp Double (1/4 L ea)  
8 2 Rock Pull Double  
8 2 Stomp Double (1/4 L ea)

### Chorus (32 beats)

4 Boogie (L)  
4 Syncopation (Rft)  
4 Karate (1/2 L)  
4 Fancy Double  
16 REPEAT

### Break (32 beats)

12 3 Toe Heel Walk (Fwd)  
4 Triple (1/2 R)  
8 2 Toe Heel Walk (Fwd)  
4 Pivot Chain (1/2 L)  
4 Jazz & Rock (Rft)

### Part A ( 32 beats)

8 Twisty Vine (L)  
8 2 Heel Toe Combo (R & L)  
8 Twisty Vine (R)  
8 2 Heel Toe Combo

### Part B (32 beats)

8 2 Rock Pull Double  
8 2 Stomp Double (1/4 L ea)  
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## Quick Cues

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### Chorus (32 beats)

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16 REPEAT

### Break (32 beats)

12 3 Toe Heel Walk (Fwd)  
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8 2 Toe Heel Walk (Fwd)  
4 Pivot Chain (1/2 L)  
4 Jazz & Rock (Rft)

### Chorus\* (31 beats)

4 Boogie (L)  
4 Syncopation (Rft)  
4 Karate (1/2 L)  
4 Fancy Double  
4 Boogie (L)  
4 Syncopation (Rft)  
4 Karate (1/2 L)  
3 Double Basic



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## Step Definitions - Chain My Heart

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### TWISTY VINE:

DS DS (XIF) R (BK) BA (XIF) R (BK) BA (XIF) BA (OTS) BA (XIB) BA (OTS) S (XIF) DS RS  
L R L R L R L R L R L RL  
&1 &2 & 3 & 4 & 5 & 6 &7 &8

### HEEL TOE COMBO:

DS TCHH (F) SL TT (BK) SL TCHH (F) SL  
L R L R L R L  
&1 & 2 & 3 & 4

### ROCK PULL DOUBLE:

RS (DIAG) PULL-S (BS) DS DS  
LR L L R L  
&1 & 2 &3 &4

### STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)  
L R L RL  
& 1 &2 &3 &4

### BOOGIE:

(P) S (OTS) (P) S (BS) (P) S (OTS) (P) TCH (BS)  
L R L R  
& 1 & 2 & 3 & 4

### SYNCOPATION:

(P) STO DS STO DS STO  
R L R L R  
& 1 &2 & 3& 4

### KARATE:

DS-PVT (1/2 L) /K H (P) S K H  
L L /R L R L R  
&1 & 2 & 3 & 4

### FANCY DOUBLE:

DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

### TOE HEEL WALK:

T-H T-H H (WGT) H (WGT) T-H  
L L R R L R L L  
& 1 & 2 & 3 & 4

### TRIPLE:

DS DS DS RS  
L R L RL  
&1 &2 &3 &4

### PIVOT CHAIN:

DS [RS RS RS] (TURN)  
L RL RL RL  
&1 &2 &3 &4

### JAZZ & ROCK:

T-H (OTS) T-H (XIF) T-H (BS) RS  
R R L L R R LR  
& 1 & 2 & 3 &4

### DOUBLE BASIC:

DS DS RS  
L R LR  
&1 &2 &3