



Chain of Fools

Choreographers: Chris & Terri Cantrell, 960 Garnet St., Broomfield, CO 80020, 303-469-9140, dance@ctkr.com
Music: "Chain of Fools" The Commitments – online download (real.com/realone/rhapsody or amazon.com) or CD: The Commitments: Original Motion Picture Soundtrack or from choreographer **Speed:** as on CD
Rhythm & Phase: Jive/Swing & West Coast Swing, phase IV+1 [Whip Throwaway] +1 unphased [Cradle] **RAL Difficulty Level:** Average
Footwork: Directions for M, W normal opposite, exceptions in () **Timing unless noted:** QQ Q&Q Q&Q
Meas. Structure: Figure Descriptions: First number is the start of the figure, second number is when figure ends, ex: in part A the Triple L & R begins at the start of meas. 1 (labeled '0') and concludes at the end of meas. 1 (labeled '1'). **Comments:** [Notes] & [[Option]]
Sequence: **Introduction AB A(1-4)B_{mod} AB(1-8) AA End** September 2008, v1.0

Introduction

[0-2] Wait about 2 Measures ; ; Wait 2 beats , Rk apt , Rec ;

QQ [0-2] {Wait about 2 Measures} Wait LOP-fcg Wall with lead feet free ; ;
 [2] {Wait 2 beats, Rock apart, Recover} Wait 2 beats (two 'ticks' in music), Rk apt L, rec R CP-Wall;

Part A

[0-3] Triple Lft & Rt ; Opposite Rk & Throwout ; , Chg Places Lft to Rt ; ;

Q&Q Q&Q [0-1] {Triple Left & Right} Sd L/cl's R to L, sd L, sd R/cl's L to R, sd R CP-Wall;
 [1-2½] {Opposite Rock & Throwout} Rk sd L (W trn sltly RF rk bk R), rec R, sd L/cl's R to L, sd L leading W to move IF of M; Sd R/cl's L to R, sd R LOP-fcg LOD;
 [2½-4] {Change Places Left to Right} rk apt L, rec R; Sd L/cl's R to L, sd L trn LF raise jnd lead hnds ldng W to trn LF undr jnd hnds (W fwd R/cl's L to R sd R trng LF), sd R/cl's L to R, sd R LOP-fcg Wall;
 [[Option: blend to loose CP for more body contact on the hip rocks]]

[4-7] 4 Hip Rks ; Sugar Push ; , Sugar Tuck & Spin ; ;

QQQQ [4] {4 Hip Rocks} Sd L roll lft hip CCW, sd R roll rt hip CW, sd L roll hip, sd R roll hip;
 QQ-Q, [5-6½] {Sugar Push} Bk L, sm bk R, tap L fwd, fwd L; Anchor Step* (W Fwd R [the R remains in the same place on the floor throughout this entire figure as if it were glued to the floor], fwd L, tap R, take wgt onto R; Anchor Step*),
 Q&Q
 QQ-Q, [6½-8] {Sugar Tuck & Spin} bk L, sm bk R; Tap L fwd [tuck] lead W swvl sltly LF, fwd L lead W to spin full trn
 Q&Q RF, anchor step* (W fwd R, fwd L; Tap R in place [tuck] swvl sltly LF, sd R RF comm spin, cont RF spin L/R, L) LOP-fcg Wall; [[Option: Sugar Push]]

Part B

[0-3] Link & Whip Throwaway ; ; Chg Hnds Beh Bk ; , Rk Apt , Rec (Bfly) ;

QQ Q&Q [0-2] {Link & Whip Throwaway} Rk apt L, rec R comm. RF trn, sd L/cl's R to L, sd L CP-DRW; XRIB of L, QQ Q&Q sd L trng RF, sd R/cl's L to R, sd R (W Rk apt R, rec L, sd R/cl's L to R, sd R; Fwd R, fwd L trng RF, sd L/cl's R to L, sd L) LOP-fcg Wall;
 [2-3½] {Change Hands Behind the Back} Rk apt L, rec R comm. LF trn, fwd L/cl's R to L fwd L fac LOD chg to M rt hnd to W rt hnd beh M's bk; Sd R/cl's L to R, sd R trn LF chg to lead hnd hold (W Rk apt R, rec L comm. RF trn, fwd R/cl's L to R, fwd R fac LOD beh M; Sd L/cl's R to L, sd L trn RF) LOP-fcg COH,
 QQ [3½-4] {Rock Apart, Recover to Bfly} Rk apt L, rec R Bfly-COH;

[4-7] 2 Trvng Sand Stps ; ; Right Trng Filwy ; , Bk 2 ;

QQQQ,QQ [4-6] {2 Traveling Sand Steps} Touch left toe to rt instep, tch L heel to sd, sd L & tch R heel to sd, XRIF of
 Q&Q L; Repeat Part B - Measure 4;
 [6-7½] {Right Turning Fallaway} Rk apt L, rec R blend CP comm. RF trn, sd L/cl's R to L, sd L; Sd R/cl's L to R, sd R SCP-LOD,
 QQ [7½-8] **[1st & 2nd time]:** {Back 2} bk L, bk R SCP-LOD;
[3rd Time (last time)]: {Rock Back, Recover to CP} rk bk L, rec R trn CP-Wall;

[8-10] Filwy Throwaway ; , Chg Places Lft to Rt ; ;

[8-9½] {Fallaway Throwaway} Rk bk L, rec R, sd L/cl's R to L, sd L lead W IF of M; Sd R/cl's L to R, sd R (W rk bk R, rec L, sd R/cl's L to R, sd R trng RF; Sd L/cl's R to L, sd L) LOP-fcg LOD;
 [9½-11] {Change Places Left to Right} Repeat Part A - Measures 2½-4 end LOP-fcg Wall;;

[11-15] Cradle ; ; ; Shldr Shove ; , Rk Apt , Rec ;

[11-14] {Cradle} Rk apt L, rec R, stp L/stp R, stp L lead W to wrap position fac Wall; Bk R/cfs L to R, bk R, rk bk L, rec R; Fwd L/cfs R to L, fwd L lead W to unwrap, sd R/cfs L to R, sd R (W rk apt R, rec L, fwd R/cfs L to R, fwd trn LF under jnd lead hnds to wrap position; Bk L/cfs R to L, bk L, rk bk R, rec L; Fwd R/cfs L to R, fwd R trn RF under jnd lead hnds to fac, sd L/cfs R to L, sd L) LOP-fcg Wall;
 [[Option Tuck & Spin End: on second half, W trn LF to tuck on 1st triple, and spin RF on 2nd triple]]

[14-15½] {Shoulder Shove} Rk apt L, rec R comm. RF trn, sd L/cfs R to L, sd L tch M lft shldr to W rt shldr; Sd R/cfs L to R, sd R trn LF LOP-fcg Wall,

QQ [15½-16] {Rock Apart, Recover} bk apt L, rec R LOP-fcg Wall;

Repeat Part A, Measures 0-3

[0-3] Triple Lft & Rt ; Opposite Rk & Throwout ; , Chg Places Lft to Rt ; ;

Part B_{mod}

[0-3] Link & Whip Throwaway ; ; Chg Hnds Beh Bk ; , Rk Apt, Rec (Bfly) ;

[4-7] 2 Trving Sand Stps ; ; Right Trng Filwy ; , Bk 2 ;

[8-10] Filwy Throwaway ; , Chg Places Lft to Rt ; ;

[11-15½] Cradle ; ; ; Shldr Shove ; ,

[15½-17] Shldr Shove ; ; Rk Apt, Rec ,

[15½-17] {Shoulder Shove (#2)} Repeat Part B - Meas 14-15½ ; ;

QQ [17-17½] {Rock Apart, Recover} Bk apt L, rec R LOP-fcg Wall ,

Repeat Part A

[0-3] Triple Lft & Rt ; Opposite Rk & Throwout ; , Chg Places Lft to Rt ; ;

[4-7] 4 Hip Rks ; Sugar Push ; , Sugar Tuck & Spin ; ;

Repeat Part B, Measures 0-7 [Note change to last half of Measure 7]

[0-3] Link & Whip Throwaway ; ; Chg Hnds Beh Bk ; , Rk Apt, Rec (Bfly) ;

[4-7] 2 Trving Sand Stps ; ; Right Trng Filwy ; , Rk Bk, Rec ;

Repeat Part A

[0-3] Triple Lft & Rt ; Opposite Rk & Throwout ; , Chg Places Lft to Rt ; ;

[4-7] 4 Hip Rks ; Sugar Push ; , Sugar Tuck & Spin ; ;

Repeat Part A

[0-3] Triple Lft & Rt ; Opposite Rk & Throwout ; , Chg Places Lft to Rt ; ;

[4-7] 4 Hip Rks ; Sugar Push ; , Sugar Tuck & Spin ; ;

End

[0-1] (Bfly) Lunge Sd S , Vine 6 , Sd & W Kick ; ;

S
&Q &Q
&Q Q
 [0-2] {Slow Side Lunge, Vine 6—on saxophone notes, Side & Woman Kick} Bfly-Wall sd lunge L,, thru R/sd L, XRIB/sd L; XRIF/sd L trng W to fce RLOD, W kicks L twds RLOD on last note.

***Anchor Step:** Figure starts with the trail foot. Cross trail foot in back of lead foot, recover onto lead foot, and step slightly side and back with your trail foot. The timing is like a triple in jive, quick and quick (Q&Q – one half measure).

Footwork: XRIB of L/ rec L, sd & bk R (W XLIB of R/ rec R, sd & bk L)