

Break The Chains

Count: 48

Wall: 2

Level: Easy Advanced

Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - August 2026

Music: Dancing In The Rain - Musically



Dancing In The Rain by Musically (AI) Please ask for track ..

Start... 32 Counts(approx 25 sec) for the Intro.. then Main dance starts on vocals ..

Sequence Intro... 16 Counts with step change.

Main Dance ...48, 32, 48, 48, 32, 16 with Step Change, 48, 16 with Ending.

Back Touch, Step Touch, Step Touch, Side, Back Rock Side, Behind, Side, Forward , Step, Together.

- 1&2& Step back diagonally on Left, touch Right next to Left, step forward diagonally on Right, touch Left next to Right.
- 3&4 Step forward on Left, touch Right next to Left, step Right to Right side.
- 5&6 Rock Left behind Right, recover forward on Right, step Left to Left side as you lift Right toe to Right diagonal.
- 7&8&1 Cross step Right behind Left, step Left to Left side, make 1/8 turn to Left stepping forward on Right , step forward on Left, step Right next to Left. (10.30)

Back, Lock Step Back, 3/8, 1/4, Back Rock Side, Behind , 1/4

- 2 Step back Left.
- 3&4 Step back on Right, lock Left across Right, step back on Right.
- 5-6 Make 3/8 turn to Left stepping Left forward, make 1/4 turn to Left stepping Right to Right side. (3.00)
- 7&8&1 Cross rock Left behind Right, recover forward Right, step Left to Left side, cross step Right behind Left, make 1/4 turn to Left stepping forward on Left (12.00) (Restart with step change)

Brush/Hitch, Back, Back, 1/4, Point, Heel Grind, Side, Ball, Cross Shuffle

- 2-3 Brush Right forward and Hitch Right knee smoothly up at same time, step back with Right.
- 4&5 Step back on Left, make 1/4 turn to Right stepping Right to Right side, point Left out to Left side.(3.00)
- 6-7 Heel grind Left in front of Right, step Right to Right side.
- 8&8&1 Step Left next to Right, Cross step Right across Left, Step Left next to Right, Cross step Right across Left (This is a diagonal cross shuffle towards 1.30 corner but body still facing 3.00)

Twist, Twist, Forward, Side, Back Rock 1/4, Sailor 1/4, Ball, Rock,

- &2 Twist both heels to Right, twist both heels back to centre (weight ending on Right left heel slightly raised)
- 3-4 Step forward on Left 1/8 turn to Left (1.30) make 1/8 turn to Left stepping Right to Right side. (12.00)
- 5&6 Cross rock Left behind Right, recover forward on Right, make 1/4 turn to Right stepping back on Left sweeping Right (3.00)
- 7&8&1 Make 1/4 turn to Right stepping Right behind Left, step Left to Left side, step forward on Right, step Left next to Right, rock forward on Right (6.00) (Restart Wall 2&5 with step change)

Recover, & Lock Step Forward, 1/2 Funky Paddle

- 2& Recover back on Left, step Right next to Left
- 3&4 Step forward on Left, lock Right behind Left, step forward on Left.
- 5-6 With weight on Left make 1/8 turn to Left as you touch Right 'flat sole', with weight on Left make 1/8 turn to Left as you touch Right 'flat sole',

7-8 With weight on Left make 1/8 turn to Left as you touch Right 'flat sole', with weight on Left make 1/8 turn to Left as you step on Right with 'flat sole taking weight. 12.00)

Rock Recover & Lock Step Forward, 1/2 Funky Paddle x4

1-2& Rock forward on Left, recover back on Right, step Left next to Right
3&4 Step forward on Right, lock Right behind Left, step forward on Left.
5-6 With weight on Right make 1/8 turn to Right as you touch Left 'flat sole', with weight on Right make 1/8 turn to Right as you touch Left 'flat sole',
7-8 With weight on Right make 1/8 turn to Right as you touch Left 'flat sole', with weight on Right make 1/8 turn to Right as you touch Left flat sole finishing with weight on Right. (6.00)

INTRODUCTION...

Dance Up To & Including Count 6 of Section 2 Then add on Sailor 1/4, Together.

7&8& Make 1/4 turn to Left stepping Left behind Right, step Right to Right side, step forward on Left, step Right next to Left. Then Begin the Dance.

Restart on Wall 2 (starts facing 6.00 restart happens at 12.00)

Restart on Wall 5 (starts facing 12.00 restart happen at 6.00)

Dance Up To & Including Count 8 of Section 4 THEN touch Left next to Right for the step change to Begin Again .

RESTART with Step Change on Wall 6

Dance Up To & Including Count 6 of Section 2 Then add on Sailor 1/4, Together.

7&8& Make 1/4 turn to Left stepping Left behind Right, step Right to Right side, step forward on Left, step Right next to Left. Then Begin Dance from the Beginning.

ENDING ..

Dance to end of Section 2 then add on Step forward on Right , slide Left next to Right over 3 counts.
