

# Off The Chain

Count: 64      Wall: 0      Level: Phrased Intermediate / Advanced  
Choreographer: Fred Whitehouse (June 2014)  
Music: I Can't Believe It - Flo Rida (feat. pitbull)

## 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 - 32 counts

### 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 9.00

### 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 (9.00) 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 - 32 counts

### 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 ½ 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 ½ 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 ½ 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\* - 32 counts**

**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 RF 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 ½ Left over 2 counts  
5-8 body roll to Left over 2 counts, body roll to Right 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.**

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