

Off The Chain

Fred Whitehouse

Type : Part A 32, Part B 32, TAG 32 Counts, 2 Wall
 Level : Modern Line Dance Division A Dance C
 Music : "Can't Believe It" by Flo Rida ft Pitbull (BPM 124)
 Sequence : A, B', A, A, A, B, A, A, A, (B, TAG, B, A, A)

Part A

STEP HITCH 3X, JAZZ BOX

1	RF	Step forward
2	LF	Step together, RF hitch
&	RF	Step forward
3	LF	Step together, RF hitch
&	RF	Step forward
4	LF	Step together, RF hitch
5	RF	Cross over
6	LF	¼ Turn R. step backwards (3.00)
7	RF	Step R
8	LF	Step together

TOUCH BUMP 2X, STEP TOUCH 2X

9	RF	Touch diagonal forward Hip bump
10	RF	Step together
11	LF	Touch diagonal forward Hip bump
12	LF	Step together
13	RF	Step R, hip roll backwards
14	LF	Touch L
15	LF	Step L, hip roll backwards
16	RF	Touch R

WEAVE, PIVOT 2X, HOP 2X

17	RF	Step R
18	LF	Cross behind
&	RF	Step R
19	LF	Cross over
&	RF	Step R
20	LF	Touch cross behind
21	LF	¼ Turn L, step forward (12.00)
22	RF	½ Turn L, step backwards (6.00)
23	BF	¼ Turn L, hop L (3.00)
24	BF	¼ Turn L, hop forward (12.00)

½ STEP TURN L 2X, JAZZ BOX

25	RF	Step forward
26	LF	½ Turn L, step forward (6.00)
27	RF	Step forward
28	LF	½ Turn L, step forward (12.00)
29	RF	Cross over
30	LF	¼ Turn R, step backwards (3.00)
31	RF	¼ Turn R, step R (6.00)
32	LF	Step together

Part B (Always face 6.00)

KICK & TOUCH 2X, CROSS ROCK STEP 2X

1	RF	Kick forward
&	RF	Step together
2	LF	Touch L
3	LF	Kick forward
&	LF	Step together
4	RF	Touch R
5	RF	Cross over
&	LF	Step L
6	RF	Recover weight
7	LF	Cross over
&	RF	Step R
8	LF	Recover weight

PADDLE TURN L 4X, CROSS ROCK STEP 2X

9	RF	1/8 Turn L, paddle R (4.30)
10	RF	1/8 Turn L, paddle R (3.00)
11	RF	1/8 Turn L, paddle R (1.30)
12	RF	1/8 Turn L, paddle R (12.00)
13	RF	Cross over
&	LF	Step L
14	RF	Recover weight
15	LF	Cross over
&	RF	Step R
16	LF	Recover weight

Official WCDF competition dance description 2015

Off The Chain

Fred Whitehouse

Type : Part A 32, Part B 32, TAG 32 Counts, 2 Wall
 Level : Modern Line Dance Division A Dance C
 Music : "Can't Believe It" by Flo Rida ft Pitbull (BPM 124)
 Sequence : A, B', A, A, A, B, A, A, A, (B, TAG, B, A, A)

PADDLE TURN L 4X, CHEST POPS 4X

17 RF 1/8 Turn L, paddle R (10.30)
 18 RF 1/8 Turn L, paddle R (9.00)
 19 RF 1/8 Turn L, paddle R (7.30)
 20 RF 1/8 Turn L, paddle R (6.00)
 21 RF 1/8 Turn L, step towards 6.00,
 Chest pop (4.30)
 22 Chest pop
 23 LF Step together, chest pop
 24 Chest pop (6.00)

PADDLE TURN L 4X, CHEST POPS 4X

25 RF 1/8 Turn L, paddle R (4.30)
 26 RF 1/8 Turn L, paddle R (3.00)
 27 RF 1/8 Turn L, paddle R (1.30)
 28 RF 1/8 Turn L, paddle R (12.00)
 29 RF 1/8 Turn L, step towards 12.00,
 Chest pop (10.30)
 30 Chest pop
 31 LF Step together, chest pop
 32 Chest pop (12.00)

Part B'

Part B till count 16

TAG (Face 12.00) Start with RF weighted
ROLLING VINE L, ROLLING VINE R

1 LF 1/4 Turn L, step forward (9.00)
 2 RF 1/2 Turn L, step backwards
 (3.00)
 3 LF 1/4 Turn L, step L (12.00)
 4 RF Touch together, BH clap
 5 RF 1/4 Turn R, step forward (3.00)
 6 LF 1/2 Turn R, step backwards
 (9.00)
 7 RF 1/4 Turn R, step R (12.00)
 8 LF Touch together, BH clap

JUMP 2X, 1/2 TURN L, BODY ROLL 2X

9 BF Jump out
 10 BF Jump RF crossed over
 11 BF Start 1/2 turn L
 12 BF Finish 1/2 Turn L (6.00)
 13 RF Step R, start body roll R
 14 Finish body roll R,
 LF Touch together
 15 LF Step L, start body roll L
 16 Finish body roll L
 RF Touch together

SYNCOATED VINE, POP, X2

17 RF Step R
 18 LF Cross behind
 & RF Step R
 19 LF Touch together
 & Chest pop
 20 Recover
 21 LF Step L
 22 RF Cross behind
 & LF Step L
 23 RF Touch together
 & Chest pop
 24 Recover

**OUT 2X, TOUCH FLOOR, UP, TOGETHER,
 SHIMMY**

25 RF Step diagonally backwards
 26 LF Step L
 27 BF Bend knees, RH touch the floor
 28 BF Straighten knees
 29 BF Jump together
 30 Hold
 31 Shimmy shoulders
 32 Shimmy shoulders