



Spreng die Ketten

Music: Nicole Bornkessel & Monika Stengl **Intermediate**
 (http://powervoice.de/spreng-die-ketten-gratis-mp3-download/)
 Choreo: Danielle Saathoff (d_saathoff@gmx.de) **122 bpm**
 (22. Weser-Ems & Friends, 23.10.2016, Cloppenburg) **4:30**
 (cut after 4:17)
 Sequence: **Intro A B C D* A B Break D E Break D D + Step L**
start with the lyric

Intro

"Mein Blick": arms up at the side
 "Ich bete": hands down to prayers hands
 "auf meinen Knien": down on knees
 "Ich spür": stand up and right hand on heart
 "Steh auf": right arm up
 "geh meinen Weg": right arm down

Part A (16)

4 Steps S S S S
L/R/L/R L R L R
 1 2 3 4

2 Front Basic DS R(if) S
L/R L R L
 &1 & 2

4 Steps S S S S
L/R/L/R L R L R
 1 2 3 4

2 Basketball S(if) PVT **(1/2R)** S
L&L L R
 1 & 2

Part B (32)

Jazz ist anders S S(xif) S(ib) S(ots) RS S(xif) S(ib) S(ots)
 L R L R LR L R L
 1 2 3 4 &5 6 7 8

Eric DS DT(b) H R H(w) RS
 R L R L R LR
 &1 & 2 & 3 &4

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

repeat all above as written

Sequence: **Intro A B C D* A B Break D E Break D D + Step L**

Part C (32)

8 Steps	S S S S S S S S	with arms*
L/R/L/R...	L R L R L R L R	
	1 2 3 4 5 6 7 8	

*Arm-Movement on 8 Steps:

beat 1:	push the right elbow to the right side
beat 2:	push the left elbow to the left side
beat 3:	fold the right arm out
beat 4:	fold the left arm out
beat 5:	fold both arms in
beat 6:	fold both arms out
beat 7-8:	both arms up

4 Steps	S S S S	move bk and arms down
L/R/L/R	L R L R	in front of the body
	1 2 3 4	

4 Steps	S S S S	move fwd and arm presentation
L/R/L/R	L R L R	in front of the body
	1 2 3 4	

Clap hands in a circle:

The feet are hip width apart, clap hands 16 beats in about 3 circles in front of your body

Part D (48)

Jump L & R	JMP to the left side	JMP to the right side
	both	both with „musclearms“
	1	2

Basic	DS RS
	L RL
	&1 &2

Jump R & L	JMP to the right side	JMP to the left side
	both	both
	1	2

Basic	DS RS
	R LR
	&1 &2

2 Basketball	S(if) PVT (1/2R) S
	L R
	1 & 2

Party	beat 1 & 2:	swing your hip and both hands in the air to the left side
	beat 3 & 4:	swing your hip and both hands in the air to the right side

repeat Jump L & R, Basic L, Jump R & L, Basic R, 2 Basketball and add:

Sequence: **Intro A B C D* A B Break D E Break D D + Step L**

(continue Part D)

Armcircle clockwise in 4 beats with both arms in front of your body

2 Break KK RS KK RS R H(w) **(turn 1/2 R)** S DS RS **turn 1/2 R**
the chain L LR L LR L R L R LR
1 &2 3 &4 & 5 6 &7 &8

Part D* (40)like Part D but dance only **1 Break the chain full turn R****Break** (32)

Bodycheck beat 1 & 2: Bodywave „Atlantic ocean“
beat 3: cross right hand over left hand on hips
beat 4: uncrossed hand on hips
beat 5: hands up to prayers hands
beat 6: prayers hands down in front of face
beat 7: look left
beat 8: look right

4 Handstop STA(if) S(tog)
L/R/L/R L L **right hand stop**
R R **left hand stop**
1 2

Louisiana Step |--- fwd --|- bk -|
DS DS DS DS S S S S
L R L R L R L R
&1 &2 &3 &4 5 6 7 8

Armcircle in 2 beats left arm out to side hands palm up
in 2 beats right arm out to side hands palm up
in 4 beats both arms out to side hands palm up

Part E (64)

4 Cross Cha Cha S(xif) S(ib) S(ots) S S(ots) **to R/L corner**
L/R/L/R L R L R L
1 2 3 & 4

4 Basketball S(if) PVT **(1/2R)** S S(if) S(tog) S(if)
Turn & Cha Cha L R L R L
L/R/L/R 1 & 2 3 & 4

repeat all above as written

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