

TAKE THESE CHAINS FROM MY HEART

Count: 32 Wall: 4 Level: easy beginner.

Choreographer: Pia Rossen (DK)- December 2021

Music: Take These Chains from my Heart – Lee Roy Parnell; (Album: On the Road)

Intro: 32 counts, weight on L Foot.

No tags – no restarts.

(1-8) R CHASSE, L BACK ROCK, L CHASSE, R BACK ROCK

1&2 step R to R side, step L next to R, step R to R side

3-4 step L back, recover onto R

5&6 step L to l side, step R next to L, step L to L side

7-8 step R back, recover onto L

(9-16) R KICK BALL CROSS x 2, MONTEREY TURN 1/4 R

1&2 kick R fwd, step R next to L, cross L over R

3&4 kick R fwd, step R next to L, cross L over R

5-6 point R toe to R side, turn 1/4 R stepping R next to L

7-8 point L toe to L side, step L next to R

(17- 24) R ROCK STEP, SHUFFLE BACK, L BACK ROCK, SHUFFLE FWD.

1-2 step R fwd, recover onto L

3&4 step R back, step L next to R, step R back

5-6 step L back, recover onto R

7&8 step L fwd, step R next to L, step L fwd

(25-32) STEP TURN 1/4 L x 2, JAZZBOX

1-2 step R fwd, turn 1/4 L

3-4 step R fwd, turn 1/4 L

5-8 cross R over L, step L back, step R to R side, step L next to R

Start again

Ending: Wall 12, last wall ends facing 12.00.

Contact: piahrossen@jubiimail.dk