

TAKE THESE CHAINS

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Julie Humphreys

Music: Take These Chains From My Heart by Lee Roy Parnell

CHASSE RIGHT, LEFT ROCK BACK, CHASSE LEFT, RIGHT ROCK BACK

- 1&2** Side step right, close left together, side step right
- 3-4** Rock left behind right, recover weight onto right
- 5&6** Side step left, close right together, side step left
- 7-8** Rock right behind left, recover weight onto left

CHASSE RIGHT, ½ TURN LEFT, CHASSE LEFT, RIGHT ROCK, CHASSE RIGHT

- 9&10** Side step right, close left together, side step right
- 11&12½ turn to left, side step left, close right together, side step left**
- 13-14** Rock right behind left, recover weight onto left
- 15&16** Side step right, close left together, side step right

HEEL BALL ¼ TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT ROCK, TRIPLE ½ TURN

On vocals when Lee Roy start to sing "Take these chains" you should be doing the "left heel ball ¼ turn", if you have started the dance after 16 counts

- 17&18** Tap left heel forward, step left in place, step forward on right making a ¼ turn right
- 19&20** Step forward on left, close right beside left, step forward on left
- 21-22** Rock forward on right, recover weight onto left
- 23&24** Triple step ½ turn to right (right-left-right)

LEFT ROCK, LEFT SHUFFLE BACK, RIGHT ROCK, ½ PIVOT LEFT

- 25-26** Rock forward on left, recover weight onto right
- 27&28** Step back on left, step right beside left, step back on left
- 29-30** Rock back on right, recover weight onto left
- 31-32** Step forward on right, pivot ½ turn left

REPEAT

