

TAKE THESE CHAINS

LINEDANCE.COM

Count: 64

Wall: 4

Level: Beginner / Intermediate

Choreographer: Niels Poulsen

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

ROCK RIGHT FORWARD, ½ SHUFFLE TURN RIGHT, TOUCH SCOOT WITH ½ TURN RIGHT, ROCK BACK RIGHT

- 1-2** Rock forward on right, recover weight back to left
- 3&4** Turn ¼ right stepping right to right side, bring left to right, turn ¼ right stepping forward on right
- 5&6** Turn ¼ right on right touching left next to right, turn ¼ right and lift left foot up and scoot back slightly with right foot, step back on left
- 7-8** Rock back on right, recover weight to left (facing 12:00)

SHUFFLE FORWARD RIGHT, STEP ½ TURN RIGHT, SHUFFLE FORWARD LEFT, STEP ¼ LEFT

- 1&2** Step forward on right, bring left next to right, step forward on right
- 3-4** Step forward left, turn ½ turn right bringing weight onto right
- 5&6** Step forward on left, bring right next to left, step forward on left
- 7-8** Step forward right, turn ¼ left (weight on left) (facing 3:00)

WEAVE, HEEL JACK, & CROSS, TURN ¼ LEFT, TURN ¼ LEFT INTO CHASSE LEFT

- 1-2** Cross right over left, step left to left side
- 3&4** Cross right behind left, step left small step to left side, touch right heel diagonally forward right
- &5-6** Bring right next to left, cross left over right, turn ¼ left stepping back on right (facing 12:00)
- 7&8** Turn ¼ left stepping left to left side, bring right next to left, step left to left side (facing 9:00)

WEAVE, HEEL JACK, & CROSS, TURN ¼ LEFT, TURN ¼ LEFT INTO CHASSE LEFT

- 1-2** Cross right over left, step left to left side

- 3&4** Cross right behind left, step left small step to left side, touch right heel diagonally forward right
- &5-6** Bring right next to left, cross left over right, turn $\frac{1}{4}$ left stepping back on right (facing 12:00)
- 7&8** Turn $\frac{1}{4}$ left stepping left to left side, bring right next to left, step left to left side (facing 9:00)

CROSS ROCK RIGHT OVER LEFT, ROCK RIGHT BACK DIAGONALLY, JAZZ BOX, CROSS

- 1-2** Cross rock right over left, recover weight back to left foot (facing 3:00)
- 3-4** Rock right foot diagonally back (towards 7:30), recover weight back to left foot
- 5-6** Cross right over left, step back on left
- 7-8** Step right to right side, cross left over right (facing 3:00)

STEP TOUCH DIAGONALLY RIGHT, KNEE POPS OUT IN, STEP TOUCH DIAGONALLY LEFT, KNEE POPS OUT IN

- 1-2** Step long step diagonally forward right (turning $\frac{1}{8}$ left), slide touch left next to right (facing 1:30)
- &3&4** Lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on right)
- 5-6** Step long step diagonally forward left (turning $\frac{1}{4}$ right), slide touch right next to left (facing 4:30)
- &7&8** Lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on left) (facing 4:30)

SYNCOATED JUMPS BACK, ROCK BACK RIGHT

- &1-2** Jump back diagonally right, touch left to right, hold (facing 3:00)
- &3-4** Jump back diagonally left, touch right to left, hold
- &5&6** Jump back diagonally right, touch left to right, jump back diagonally left, touch right to left
- 7-8** Rock back on right, recover weight to left foot (facing 3:00)

STEP $\frac{1}{2}$ TURN LEFT TWICE, JUMP OUT OUT, HEEL BOUNCES, JUMP IN IN

- 1-2** Step forward on right, turn $\frac{1}{2}$ turn left bringing weight onto left
- 3-4** Step forward on right, turn $\frac{1}{2}$ turn left bringing weight onto left
- &5** Jump slightly forward and out on right, jump out on left (feet apart)

&6&7 Pop both knees forward lifting heels slightly, straighten both legs lowering heels, repeat
pops

&8 Jump right to center, jump left next to right (weight on left) (facing 3:00)

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=42010