

Take These Chains From My Heart LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Easy Beginner

Choreographer: Pia Rossen (DK) - December 2021

Music: - Lee Roy Parnell : (Album: On the Road)

(32 counts intro)

[S1] Fwd-Tap Behind, 2x (Back-Lock-Back), Coaster Step

- 1 2** Step forward on R, Tap L behind R
- 3&4** Step back on L, Lock/step R in front of L, Step back on L
- 5&6** Step back on R, Lock/step L in front of R, Step back on R
- 7&8** Step back on L, Step R next to L, Step forward on L**

[S2] Shuffle Fwd, Fwd Rock, Shuffle Back, Touch-Unwind 3/4R

- 1&2** Shuffle forward on R-L-R
- 3 4** Rock forward on L, Replace weight on R
- 5&6** Shuffle back on L-R-L***
- 7 8** Touch R toe behind L, Make a 3/4 unwind-turn right recover weight on R (9:00)

[S3] Side Shuffle, Behind-1/4L, Step-Pivot 1/4, Cross Shuffle

- 1&2** Left side shuffle on L-R-L
- 3 4** Step R behind L, Make a 1/4 turn left stepping forward on L (6:00)
- 5 6** Step forward on R, Make a 1/4 turn left recover weight on L (3:00)
- 7&8** Cross R over L, Step L close to R, Cross R over L

[S4] Fwd-Tap Behind, 2x (Back-Lock-Back), Back Rock

- 1 2** Step forward on L, Tap R behind L
- 3&4** Step back on R, Lock/step L in front of R, Step back on R
- 5&6** Step back on L, Lock/step R in front of L, Step back on L
- 7 8** Rock back on R, Replace weight on L

#1st Restart on Wall 2 count 8 (3:00)**

##2nd Restart + step change on Wall 4 count 14* (Dance up to S2 count 5&6) then, add the following 2 counts**

7 8 Touch R toe behind L, Make a 3/4 unwind-turn right weight ends on L/cross touch (hook) R over L (3:00)

Ending suggestion: The last wall starts facing 3:00, dance up to Section 4 count 6 (6:00), then

Touch R toe behind L (7), Make a 1/2 unwind-turn right recover weight on R (8), Cross L over R (1) (12:00)

**Please feel free to contact me if you need any further information.
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(updated: 29/Dec/21)