

CHEER UP!

LINEDANCE.COM

Count: 64

Wall: 4

Level: —

Choreographer: Cinta Larrotcha

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

HEEL CROSS, HOLD, HEEL, HITCH

- 1-2 Touch right heel over left, hold
- &3 Step right beside left, touch left heel forward
- &4 Step left beside right, hitch right

HEEL CROSS, HOLD, HEEL, HITCH

- 5-6 Touch right heel over left, hold
- &7 Step right beside left, touch left heel forward
- &8 Step left beside right, hitch right

HEEL, TOE, HEEL, TOE

- 9 Touch right heel over left
- 10 Touch right toe to right instep
- 11 Touch right heel over left
- 12 Touch right toe to right instep

TURN ¼ HEEL, HOOK, HEELS

- 13 Touch right heel forward ¼ turning to right
- 14 Right hook over left
- 15 Touch right heel forward
- 16 Touch right heel forward

HEEL, BACK TOE, HEEL ½ TURN

- &17 Step right beside left, touch left heel forward
- 18 Touch left toe back
- 19 Touch left heel forward ½ turning to left
- 20 Step left beside right

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

21-22 Rock forward with the right foot, recover weight back

23-24 Rock back with the right foot, recover weight forward

SCUFF, HITCH, STOMP, STOMP

25 Scuff right forward

26 Hitch right

27 Stomp right beside left

28 Stomp right beside left

BACK STEP & HEEL, HOLD, TOE, HEEL

&29 Step back right, touch left heel forward

30 Hold

&31 Step left beside right, touch right toe beside left

&32 Step right back, touch left heel forward

HITCH, STOMP, STOMP FORWARD, HOLD

&33 Step left beside right, hitch right

34-36 Stomp right beside left, stomp right forward, hold

TURN ¼ HIPS

37-40 Hip right to right side ¼ turning to left, hip left, hip right, hip left

CROSS, VINE, ROCK, RECOVER

41-42 Step right over left, step left to left side

43-44 Step right behind left, step left to left side

45-46 Rock right over left, recover

SHUFFLE TURNING ¼, FULL TURN RIGHT, SHUFFLE

47&48 Step right forward ¼ turning to right, step left beside right, step right forward

49-50 Full turn right traveling forward stepping left, right

51&52 Step left forward, step right beside left, step left forward

ROCK, RECOVER, TOUCH, BEHIND, TOUCH BEHIND

- 53 Rock right forward
- 54 Recover
- 55 Touch right toe to right side
- 56 Step right behind left
- 57 Touch left toe to left side
- 58 Step left behind right

TOUCH, CROSS, TURN $\frac{1}{2}$, HOLD, SIDE STEP, SLIDE

- 59 Touch right toe to right side
- 60 Step right over left

61 $\frac{1}{2}$ turn to left

- 62 Hold
- 63 Long step left to left side
- 64 Slide right beside left

REPEAT