

# CHAINS

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**Count:** 60      **Wall:** 2      **Level:** —

**Choreographer:** Louise Hodson

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

## CROSS, CROSS, SHUFFLE

- 1            Cross right foot over left
- 2            Cross left over right
- 3&4        Shuffle right, left, right

**(Swivel and move hips with steps 1&2)**

## CROSS, CROSS, SHUFFLE

- 5            Cross left over right
- 6            Cross right over left
- 7&8        Shuffle left, right, left

**(Swivel and move hips with steps 5&6)**

## ROCK, RECOVER, SHUFFLE

- 9            Rock forward on right
- 10          Recover on left
- 11&12      Shuffle right, left, right

## ROCK, RECOVER, SHUFFLE

- 13          Rock back on left
- 14          Recover on right
- 15&16      Shuffle left, right, left

## ROCK, RECOVER, STEP, ROCK, RECOVER, STEP, REPEAT

- 17          Rock to the right
- 18          Recover on left
- 19          Step on right
- 20          Rock to the left

- 21 Recover on right
- 22 Step on left
- 23 Rock to the right
- 24 Recover on left
- 25 Step on right
- 26 Rock to the left
- 27 Recover on right
- 28 Step on left

### **SIDE, CROSS, SHUFFLE**

- 29 Step to the right
- 30 Bring left foot in back of right
- 31&32 Shuffle step right, left, right

### **SIDE, CROSS, SHUFFLE**

- 33 Step to the left
- 34 Bring right foot in back of left
- 35&36 Shuffle step left, right, left

### **HIP SHAKES**

- 37-38 Shake hips to the right 2 times
- 39-40 Shake hips to the left 2 times
- 41-44 Shake hips right, left, right, left

### **SIDE, CROSS, PIVOT $\frac{1}{2}$ , SHUFFLE, GRAPEVINE LEFT, TOUCH**

- 45 Step to the right
- 46 Bring left foot in back of right, turn  $\frac{1}{2}$
- 47&48 Shuffle right, left, right
- 49 Step left on left foot
- 50 Cross right foot behind left foot
- 51 Step left on left foot
- 52 Touch right foot beside left foot

**STRUT, CLAP, STRUT, CLAP, STRUT, CLAP, STRUT, CLAP**

- 53 Strut forward right
- 54 Clap
- 55 Strut forward left
- 56 Clap
- 57 Strut forward right
- 58 Clap
- 59 Strut forward left
- 60 Clap

**REPEAT**