

# CHAINS OF MY HEART

LINEDANCE.COM

**Count:** 32      **Wall:** —      **Level:** —

**Choreographer:** Trevor Eaton

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

**1-2**      Step forward on right, lock left behind right

**3&4**      Shuffle forward right-left-right

**5-6**      Step left forward, step right together

**7&8**      Shuffle forward left-right-left

**1-2**      Rock forward on right, turn  $\frac{1}{2}$  to the right stepping back left

**3&4**      Shuffle forward right-left-right

**5-6**      Rock left to left side, rock right in place

**7&8**      Cross shuffle left-right-left

**1-2**      Rock right to right side, left in place

**3&4**      Cross shuffle right-left-right

**5-8**      Vine left, touch right next to left

**1-4**      Step forward on right, pivot  $\frac{1}{4}$  to the left, step forward on right, pivot  $\frac{1}{2}$  to the left

**5&6**      Shuffle forward right-left-right

**7&8**      Shuffle forward left-right-left

**REPEAT**