

Take These Chains

BEGINNER

32 Count

Choreographed by: Julie Humphreys
Choreographed to: Take These
Chains From My Heart by Lee Roy Parnell

CHASSE RIGHT, LEFT ROCK BACK, CHASSE LEFT, RIGHT ROCK BACK

- 1 & 2 Side step right, close left together, side step right
3 - 4 Rock left behind right, recover weight onto right
5 & 6 Side step left, close right together, side step left
7 - 8 Rock right behind left, recover weight onto left

CHASSE RIGHT, 1/2 TURN LEFT, CHASSE LEFT, RIGHT ROCK, CHASSE RIGHT

- 9 & 10 Side step right, close left together, side step right
11 & 12 1/2 turn to left, side step left, close right together, side step left
13 - 14 Rock right behind left, recover weight onto left
15 & 16 Side step right, close left together, side step right

HEEL BALL 1/4 TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT ROCK, TRIPLE 1/2 TURN

- 17 & 18 Tap left heel forward, step left in place, step forward on right making a 1/4 turn right
19 & 20 Step forward on left, close right beside left, step forward on left
21 - 22 Rock forward on right, recover weight onto left
23 & 24 Triple step 1/2 turn to right (right-left-right)

LEFT ROCK, LEFT SHUFFLE BACK, RIGHT ROCK, 1/2 PIVOT LEFT

- 25 - 26 Rock forward on left, recover weight onto right
27 & 28 Step back on left, step right beside left, step back on left
29 - 30 Rock back on right, recover weight onto left
31 - 32 Step forward on right, pivot 1/2 turn left

REPEAT
