

Take These Chains

From My Heart

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32 Count 4 Wall Low Beginner Level Dance.
Choreographed by: Pia Rossen (DK) Dec 2021
Choreographed to: Take These Chains From My Heart by Lee Roy Parnell
Intro: 32 Counts. Start at approx 15 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 R CHASSE, L BACK ROCK, L CHASSE, R BACK ROCK

1&2 Step R to R side, step L next to R, step R to R side
3-4 Step L back, recover onto R
5&6 Step L to L side, step R next to L, step L to L side
7-8 Step R back, recover onto L

SEC 2 R KICK BALL CROSS X 2, MONTEREY TURN ¼ R

1&2 Kick R fwd, step R next to L, cross L over R
3&4 Kick R fwd, step R next to L, cross L over R
5-6 Point R toe to R side, turn ¼ R stepping R next to L (3:00)
7-8 Point L toe to L side, step L next to R

SEC 3 R ROCK STEP, SHUFFLE BACK, L BACK ROCK, SHUFFLE FWD

1-2 Step R fwd, recover onto L
3&4 Step R back, step L next to R, step R back
5-6 Step L back, recover onto R
7&8 Step L fwd, step R next to L, step L fwd

SEC 4 STEP TURN ¼ L X 2, JAZZBOX

1-2 Step R fwd, turn ¼ L (12:00)
3-4 Step R fwd, turn ¼ L (9:00)
5-6 Cross R over L, step L back
7-8 Step R to R side, step L next to R