

Chains**BEGINNER**

60 Count

Choreographed by: Louise Hodson

Choreographed to: 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 1/2, SHUFFLE, GRAPEVINE LEFT, TOUCH**
45 Step to the right
46 Bring left foot in back of right, turn 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

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute