

Chains of the Heart

64 Count, 2 Wall, Improver

Choreographer: Ellen Michelsen (DK) August 08
Choreographed to: Take these chains from my heart
by Lee Roy Parnell

Intro: 32 count

1 - 8 Rockstep, coaster step, kick ball cross, chassee

- 1-2 Step right forward, recover left.
- 3&4 Step right back, step left beside right, step forward right.
- 5&6 Kick left foot forward, step ball of left beside right, step right across left.
- 7&8 Step left to left side, step right beside left, step left to left side.

9 - 16 Rock step, shuffle 2 x, pivot turn.

- 1-2 Step back on right, recover left.
- 3&4 Step right foot forward, step left beside right, step right forward.
- 5&6 Step left foot forward, step right beside left, step left forward.
- 7-8 Step forward on right foot, ½ turn to the left.

17 -24 Kick ball cross 2 x, side rock, cross shuffle.

- 1&2 Kick right foot forward, step ball of right foot beside left, step left foot across right.
- 3&4 Repeat 1&2
- 5-6 Step right foot to right, recover left.
- 7&8 Cross right over left, step left to left side, cross right over left.

25 - 32 1/4 turn right x 2, shuffle, heel switches, clap.

- 1-2 1/4 turn to the right, step back on left foot, 1/4 to the right, step forward on right foot.
- 3&4 Step forward on left foot, step right foot beside left, step forward on left foot.
- 5&6&7 Touch right heel forward, step right beside left, touch left heel forward, step left beside right, touch right heel forward.
- 8 Clap.

33 - 40 Step backwards, bounce, step forward bounce.

- 1-2 Step right foot diagonally back, slide left foot beside right.
- 3-4 Bounce 2 times
- 5-6 Step left foot diagonally forward, slide right foot beside left.
- 7-8 Bounce 2 times

41-48 Pivot turn, shuffle, rock step, coaster step.

- 1-2 Step forward right, ½ turn to the left,
- 3&4 Step right foot forward, step left foot beside right, step right foot forward.
- 5-6 Step forward on left foot, recover on right foot.
- 7&8 Step left foot back, step right foot beside left, step forward on left foot.

49-56 Repeat 41-48

57-64 1/4 Monterey turn 2 times

- 1-2 Point right foot to the right, on ball of left make 1/4 turn right, stepping right beside left.
- 3-4 Touch left out to left, step left beside right.
- 5-8 Repeat 1-4

Ending

Wall 6: Dance to count 40, and then continue with count 57-64
