

# Chains

Count: 60

Wall: 2

Level:

Choreographer: Louise Hodson (USA)

Music: Take These Chains from My Heart - 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 ½, SHUFFLE, GRAPEVINE LEFT, TOUCH**

45 Step to the right  
46 Bring left foot in back of right, turn ½  
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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