

# Take These Chains

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Pete Harkness (UK)

Musique: Take These Chains from My Heart - Lee Roy Parnell



## **SIDE STRUT, KICKBALL CROSS, SIDE STRUT KICK BALL CROSS**

- 1-2 Touch right toes to side, snap right heel to floor (angling body to left)  
3&4 Kick left in front & step left beside right, cross right over left  
5-6 Touch left toes to side, snap left heel to floor (angling body to right)  
7&8 Kick right in front & step right beside left, cross left over right

## **CHASSE RIGHT, ROCK, RECOVER, CHASSE LEFT, ROCK, RECOVER**

- 1&2-3-4 Step right to side & step left beside right, step right to side, rock back on left, recover on right  
5&6-7-8 Step left to side & step right beside left, step left to side, rock back on right, recover on left

## **SIDE, ¼ TURN, KICKBALL STEP, STEP, PIVOT, KICKBALL CROSS**

- 1-2-3&4 Step right to side, ¼ turn left, kick right in front & step right beside left, step left in front  
5-6 Step forward on right, ½ turn left  
7&8 Kick right in front & step right beside left, cross left over right

## **CHASSE RIGHT, ROCK, RECOVER, ROCK, RECOVER, ¼ COASTER TURN**

- 1&2-3-4 Step right to side & step left beside right, step right to side, rock back on left, recover on right  
5-6 Rock left to side, recover on right  
7&8 Make ¼ turn left as you step back on left & step right beside left, step left in front

## **SHUFFLE, ROCK, RECOVER, TRIPLE ¾ TURN, ROCK, RECOVER**

- 1&2 Step forward on right & step left beside right, step forward on right  
3-4-5&6 Rock forward on left, recover on right, triple step ¾ turn left stepping left right left  
7-8 Rock right to right side, recover on left

## **CROSS SHUFFLE, ¾ TURN RIGHT, SHUFFLE, STEP, PIVOT**

- 1&2 Cross right over left & step left to side, cross right over left  
3-4 Step left to side as you ¼ turn to right, on ball of left ½ turn right stepping right in front  
5&6-7-8 Step forward on left & step right beside left, step left in front, step right in front, ½ pivot left

## **STEP, HEEL BOUNCE TURN, & TOE STRUT, STEP, PIVOT**

- 1-2-3-4 Step right in front, make ½ turn left bouncing heels 3 times (weight ends on right)  
&5-6 Step left beside right & touch right toes in front, snap right heel to floor  
7-8 Step forward on left, ½ pivot turn to right (weight ends on right)

## **JUMP FORWARD & BACK WITH HOLDS, SAILOR STEP, CROSS STRUT**

- &1-2 Jump forward left then right (shoulder width apart), hold & clap  
&3-4 Jump back right then left (shoulder width apart), hold & clap  
5&6 Step right behind left & step left to side, step right in place  
7-8 Touch left toes across & in front of right, snap left heel to floor

## **REPEAT**