

Chains

Compte: 60

Mur: 2

Niveau:

Chorégraphe: Louise Hodson (USA)

Musique: 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
