

# Chains From My Heart

**COPPER** **NOB**  
BY STEPHENETS

**Compte:** 64

**Mur:** 2

**Niveau:** Improver two step



**Chorégraphe:** Sebastiaan Holtland (NL)

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

## **SCUFF STOMP KNEE POP KICK, PLACE KNEE POP PLACE**

- 1-4 Right foot scuff forward, right foot knee pop in, right foot step in place, weight on left foot  
5-6 Right foot kick forward, right foot step in place, weight on left foot  
7-8 Right foot knee pop in, right foot step in place, weight on left foot

## **DIAGONAL STEPS FORWARD WITH CLOSE, BRUSH STEPS FORWARD LOCK LEFT BRUSH**

**When you dance the counts 9-16, move your arms like a train**

- 9-12 Right foot step to right diagonal, left foot close next to right foot, weight on left foot, right foot step to right diagonal, left foot brush forward  
13-16 Left foot step forward, right foot lock behind left foot, left foot step forward, right foot brush forward

## **½ PADDLE TURN LEFT STEP FORWARD HOLD CLAP, ½ PADDLE TURN RIGHT STEP FORWARD HOLD CLAP**

- 17-20 Right foot step forward with ½ turn left, right foot step forward, hold and clap  
21-24 Left foot step forward with ½ turn right, left foot step forward, hold and clap

## **½ PADDLE TURN LEFT STEP FORWARD HOLD CLAP, STEP FULL CHAINE TURN LEFT STEP FORWARD HOLD**

- 25-28 Right foot step forward with ½ turn left, right foot step forward, hold and clap, weight on right foot  
29-32 Left foot step forward, right foot close with full turn left, left foot step forward, hold, end on facing to 6:00 weight on left foot

## **STEP ¼ TURN LEFT WITH SLIDE HOOK AND SLIDE, ¼ TURN RIGHT STEP FORWARD HOLD**

- 33-36 Right foot step to the right side with a slide, left foot hook behind right foot, right foot recover  
37-40 Left foot step to left side with a slide, ¼ turn right, left foot step forward, hold

## **HEEL ROCK FORWARD ROCK BACK, STEP FORWARD TOUCH SIDE STEP TOUCH**

- 41-44 Right foot rock forward on right heel, left foot recover, right foot rock back, left foot recover  
45-48 Right foot step forward, left foot touch next to right foot, left foot step to the left, right foot touch next to left foot

## **HEEL ROCK FORWARD ROCK BACK, ½ PADDLE TURN STEP WITH ¼ TURN AND SLIDE**

- 49-52 Right foot rock forward on right heel, left foot recover, right foot rock back, left foot recover  
53-56 Right foot step forward with ½ turn left, right foot step to the right and slide, hold

## **HOOK AND SLIDE ¼ RIGHT STEP FORWARD HOLD, ½ PADDLE TURN LEFT**

- 57-60 Left foot hook behind right foot, right foot recover, left foot step to the left and slide, hold  
61-64 ¼ turn right, left foot step forward, right foot step with ½ turn left, hold

**REPEAT**