

# Chains Of My Heart

**Compte:** 32

**Mur:** 0

**Niveau:**



**Chorégraphe:** Trevor Eaton (AUS)

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

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- |     |  |
|-----|--|
| 1-2 | Step forward on right, lock left behind right  |
| 3&4 | Shuffle forward right-left-right   |
| 5-6 | Step left forward, step right together   |
| 7&8 | Shuffle forward left-right-left  |
|     |  |
| 1-2 | Rock forward on right, turn $\frac{1}{2}$ to the right stepping back left                                      |
| 3&4 | Shuffle forward right-left-right   |
| 5-6 | Rock left to left side, rock right in place  |
| 7&8 | Cross shuffle left-right-left  |
|     |  |
| 1-2 | Rock right to right side, left in place  |
| 3&4 | Cross shuffle right-left-right   |
| 5-8 | Vine left, touch right next to left  |
|     |  |
| 1-4 | Step forward on right, pivot $\frac{1}{4}$ to the left, step forward on right, pivot $\frac{1}{2}$ to the left |
| 5&6 | Shuffle forward right-left-right   |
| 7&8 | Shuffle forward left-right-left  |

**REPEAT**

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