

Take These Chains From My Heart

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Pia Rossen (DK) - December 2021
音乐: Take These Chains from My Heart - Lee Roy Parnell : (Album: On the Road)



Intro: 32 counts, weight on L Foot. - No tags - no restarts.

(1-8) R CHASSE, L BACK ROCK, L CHASSE, R BACK ROCK

1&2 step R to R side, step L next to R, step R to R side
3-4 step L back, recover onto R
5&6 step L to l side, step R next to L, step L to L side
7-8 step R back, recover onto L

(9-16) R KICK BALL CROSS x 2, MONTEREY TURN 1/4 R

1&2 kick R fwd, step R next to L, cross L over R
3&4 kick R fwd, step R next to L, cross L over R
5-6 point R toe to R side, turn 1/4 R stepping R next to L
7-8 point L toe to L side, step L next to R

(17- 24) R ROCK STEP, SHUFFLE BACK, L BACK ROCK, SHUFFLE FWD.

1-2 step R fwd, recover onto L
3&4 step R back, step L next to R, step R back
5-6 step L back, recover onto R
7&8 step L fwd, step R next to L, step L fwd

(25-32) STEP TURN 1/4 L x 2, JAZZBOX

1-2 step R fwd, turn 1/4 L
3-4 step R fwd, turn 1/4 L
5-8 cross R over L, step L back, step R to R side, step L next to R

Start again

Ending: Wall 12, last wall ends facing 12.00.

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Last Update: 26 Apr 2023
