

Take These Chains

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Julie Humphreys
音乐: Take These Chains from My Heart - Lee Roy Parnell



CHASSE RIGHT, LEFT ROCK BACK, CHASSE LEFT, RIGHT ROCK BACK

1&2 Side step right, close left together, side step right
3-4 Rock left behind right, recover weight onto right
5&6 Side step left, close right together, side step left
7-8 Rock right behind left, recover weight onto left

CHASSE RIGHT, ½ TURN LEFT, CHASSE LEFT, RIGHT ROCK, CHASSE RIGHT

9&10 Side step right, close left together, side step right
11&12 ½ turn to left, side step left, close right together, side step left
13-14 Rock right behind left, recover weight onto left
15&16 Side step right, close left together, side step right

HEEL BALL ¼ TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT ROCK, TRIPLE ½ TURN

On vocals when Lee Roy start to sing "Take these chains" you should be doing the "left heel ball ¼ turn", if you have started the dance after 16 counts

17&18 Tap left heel forward, step left in place, step forward on right making a ¼ turn right
19&20 Step forward on left, close right beside left, step forward on left
21-22 Rock forward on right, recover weight onto left
23&24 Triple step ½ turn to right (right-left-right)

LEFT ROCK, LEFT SHUFFLE BACK, RIGHT ROCK, ½ PIVOT LEFT

25-26 Rock forward on left, recover weight onto right
27&28 Step back on left, step right beside left, step back on left
29-30 Rock back on right, recover weight onto left
31-32 Step forward on right, pivot ½ turn left

REPEAT
