

# Chains

拍数: 56      墙数: 2      级数: Improver  
编舞者: John Corley  
音乐: Take These Chains from My Heart - Lee Roy Parnell



## SHUFFLE

1&2      Shuffle 3 steps to right (right, left, right)  
3&4      Shuffle 3 steps to left (left, right, left)

## JAZZ BOX WITH ¼ TURN RIGHT

5      Cross right over left  
6      Step back on left with ¼ turn right  
7      Step right to right side  
8      Step left next to right

## ROCK RECOVER WITH ½ TURN TO RIGHT / ROCK RECOVER WITH ½ TURN TO LEFT

1      Rock forward on right foot  
2-3&4      Recover with ½ turn to right, left, right  
5      Rock forward on left  
6-7&8      Recover with ½ turn to left, right, left

## TWO MONTEREY TURNS

1      Point right toe to right  
2      Turn ½ turn to right  
3      Point left toe to left  
4      Step left next to right  
5-8      Repeat

## VINE RIGHT / VINE LEFT

1      Step right foot to right side  
2      Cross left foot behind right  
3      Step right foot to right side  
4      Touch left foot beside right  
5      Step left foot to left side  
6      Cross right foot behind left  
7      Step left foot to left side  
8      Touch right foot beside left

## TWO JAZZ BOXES

1      Cross right over left  
2      Step back on left  
3      Step right next to left  
4      Step left in place  
5-8      Repeat

## TWO LOCK STEPS

1      Step right forward to right diagonal  
2      Step left crossed behind right  
3      Step right forward to right diagonal  
4      Brush/scuff left beside right  
5      Step left forward to left diagonal

- 6 Step right crossed behind left
- 7 Step left forward to left diagonal
- 8 Brush/scuff left beside right

#### **PIVOT TURNS**

- 1 Step forward on right foot
- 2 Hold
- 3 Turn  $\frac{1}{2}$  turn left
- 4 Hold
- 5 Step forward on right foot
- 6 Hold
- 7 Turn  $\frac{1}{4}$  turn left
- 8 Hold

#### **REPEAT**

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