

# Chains

拍数: 64      墙数: 2      级数: Improver  
编舞者: Jan Wyllie (AUS)  
音乐: Take These Chains from My Heart - Lee Roy Parnell



## VINE RIGHT TOUCH BESIDE, VINE LEFT TOUCH BESIDE

1-2-3-4      Step right to right, step left behind right, step right to right, touch left beside right  
5-6-7-8      Step left to left, step right behind left, step left to left, touch right beside left

## SLOW HEEL JACK, SLOW HEEL JACK

9-10-11-12      Step back on right, touch left heel forward, step forward on left, touch right beside left  
13-14-15-16      Step back on right, touch left heel forward, step forward on left, touch right beside left

## VINE RIGHT TOUCH BESIDE, VINE LEFT TOUCH BESIDE

17-18-19-20      Step right to right, step left behind right, step right to right, touch left beside right  
21-22-23-24      Step left to left, step right behind left, step left to left, touch right beside left

## & HEEL HOLD, & TOUCH HOLD, & HEEL HOLD, & TOUCH HOLD

&25-26      Step back on right, touch left heel forward, hold  
&27-28      Step forward on left, touch right beside left, hold  
&29-30      Step back on right, touch left heel forward, hold  
&31-32      Step forward on left, touch right beside left, hold

## ROCK RETURN, SHUFFLE FORWARD, ROCK RETURN, STEP BACK HOLD

33-34      Rock/step back on right, rock forward on left  
35&36      Shuffle forward right, left, right  
37-38      Rock/step forward on left, rock back on right  
39-40      Step back on left, hold

## ROCK RETURN, SHUFFLE FORWARD, ROCK RETURN, STEP BACK HOLD

41-42      Rock/step back on right, rock forward on left  
43&44      Shuffle forward right, left, right  
45-46      Rock/step forward on left, rock back on right  
47-48      Step back on left, hold

## HALF TURN TOE STRUTS (4), ROCK RETURN, STEP BACK HOLD, ROCK RETURN, STOMP HOLD

49-50      Toe strut back on right  
51-56      Making ½ turn left execute 3 more toe struts stepping left, right, left  
57-58-59-60      Rock/step forward on right, rock back on left, step back on right, hold  
61-62-63-64      Rock/step back on left, rock forward on right, stomp left beside right, hold

## REPEAT

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