

# Take These Chains From My Heart

**COPPER** **NOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Pia Rossen (DK) - December 2021  
音樂: 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**

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