

Take These Chains

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Pete Harkness (UK)
音樂: Take These Chains from My Heart - Lee Roy Parnell



SIDE STRUT, KICKBALL CROSS, SIDE STRUT KICK BALL CROSS

- 1-2 Touch right toes to side, snap right heel to floor (angling body to left)
- 3&4 Kick left in front & step left beside right, cross right over left
- 5-6 Touch left toes to side, snap left heel to floor (angling body to right)
- 7&8 Kick right in front & step right beside left, cross left over right

CHASSE RIGHT, ROCK, RECOVER, CHASSE LEFT, ROCK, RECOVER

- 1&2-3-4 Step right to side & step left beside right, step right to side, rock back on left, recover on right
- 5&6-7-8 Step left to side & step right beside left, step left to side, rock back on right, recover on left

SIDE, ¼ TURN, KICKBALL STEP, STEP, PIVOT, KICKBALL CROSS

- 1-2-3&4 Step right to side, ¼ turn left, kick right in front & step right beside left, step left in front
- 5-6 Step forward on right, ½ turn left
- 7&8 Kick right in front & step right beside left, cross left over right

CHASSE RIGHT, ROCK, RECOVER, ROCK, RECOVER, ¼ COASTER TURN

- 1&2-3-4 Step right to side & step left beside right, step right to side, rock back on left, recover on right
- 5-6 Rock left to side, recover on right
- 7&8 Make ¼ turn left as you step back on left & step right beside left, step left in front

SHUFFLE, ROCK, RECOVER, TRIPLE ¾ TURN, ROCK, RECOVER

- 1&2 Step forward on right & step left beside right, step forward on right
- 3-4-5&6 Rock forward on left, recover on right, triple step ¾ turn left stepping left right left
- 7-8 Rock right to right side, recover on left

CROSS SHUFFLE, ¾ TURN RIGHT, SHUFFLE, STEP, PIVOT

- 1&2 Cross right over left & step left to side, cross right over left
- 3-4 Step left to side as you ¼ turn to right, on ball of left ½ turn right stepping right in front
- 5&6-7-8 Step forward on left & step right beside left, step left in front, step right in front, ½ pivot left

STEP, HEEL BOUNCE TURN, & TOE STRUT, STEP, PIVOT

- 1-2-3-4 Step right in front, make ½ turn left bouncing heels 3 times (weight ends on right)
- &5-6 Step left beside right & touch right toes in front, snap right heel to floor
- 7-8 Step forward on left, ½ pivot turn to right (weight ends on right)

JUMP FORWARD & BACK WITH HOLDS, SAILOR STEP, CROSS STRUT

- &1-2 Jump forward left then right (shoulder width apart), hold & clap
- &3-4 Jump back right then left (shoulder width apart), hold & clap
- 5&6 Step right behind left & step left to side, step right in place
- 7-8 Touch left toes across & in front of right, snap left heel to floor

REPEAT