

Take These Chains

拍數: 64 牆數: 4 級數: Improver
編舞者: Niels Poulsen (DK)
音樂: Take These Chains from My Heart - Lee Roy Parnell



ROCK RIGHT FORWARD, ½ SHUFFLE TURN RIGHT, TOUCH SCOOT WITH ½ TURN RIGHT, ROCK BACK RIGHT

- 1-2 Rock forward on right, recover weight back to left
3&4 Turn ¼ right stepping right to right side, bring left to right, turn ¼ right stepping forward on right
5&6 Turn ¼ right on right touching left next to right, turn ¼ right and lift left foot up and scoot back slightly with right foot, step back on left
7-8 Rock back on right, recover weight to left (facing 12:00)

SHUFFLE FORWARD RIGHT, STEP ½ TURN RIGHT, SHUFFLE FORWARD LEFT, STEP ¼ LEFT

- 1&2 Step forward on right, bring left next to right, step forward on right
3-4 Step forward left, turn ½ turn right bringing weight onto right
5&6 Step forward on left, bring right next to left, step forward on left
7-8 Step forward right, turn ¼ left (weight on left) (facing 3:00)

WEAVE, HEEL JACK, & CROSS, TURN ¼ LEFT, TURN ¼ LEFT INTO CHASSE LEFT

- 1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left small step to left side, touch right heel diagonally forward right
&5-6 Bring right next to left, cross left over right, turn ¼ left stepping back on right (facing 12:00)
7&8 Turn ¼ left stepping left to left side, bring right next to left, step left to left side (facing 9:00)

WEAVE, HEEL JACK, & CROSS, TURN ¼ LEFT, TURN ¼ LEFT INTO CHASSE LEFT

- 1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left small step to left side, touch right heel diagonally forward right
&5-6 Bring right next to left, cross left over right, turn ¼ left stepping back on right (facing 12:00)
7&8 Turn ¼ left stepping left to left side, bring right next to left, step left to left side (facing 9:00)

CROSS ROCK RIGHT OVER LEFT, ROCK RIGHT BACK DIAGONALLY, JAZZ BOX, CROSS

- 1-2 Cross rock right over left, recover weight back to left foot (facing 3:00)
3-4 Rock right foot diagonally back (towards 7:30), recover weight back to left foot
5-6 Cross right over left, step back on left
7-8 Step right to right side, cross left over right (facing 3:00)

STEP TOUCH DIAGONALLY RIGHT, KNEE POPS OUT IN, STEP TOUCH DIAGONALLY LEFT, KNEE POPS OUT IN

- 1-2 Step long step diagonally forward right (turning 1/8 left), slide touch left next to right (facing 1:30)
&3&4 Lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on right)
5-6 Step long step diagonally forward left (turning ¼ right), slide touch right next to left (facing 4:30)
&7&8 Lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on left) (facing 4:30)

SYNCOPATED JUMPS BACK, ROCK BACK RIGHT

- &1-2 Jump back diagonally right, touch left to right, hold (facing 3:00)
&3-4 Jump back diagonally left, touch right to left, hold
&5&6 Jump back diagonally right, touch left to right, jump back diagonally left, touch right to left
7-8 Rock back on right, recover weight to left foot(facing 3:00)

STEP ½ TURN LEFT TWICE, JUMP OUT OUT, HEEL BOUNCES, JUMP IN IN

- 1-2 Step forward on right, turn ½ turn left bringing weight onto left
3-4 Step forward on right, turn ½ turn left bringing weight onto left
&5 Jump slightly forward and out on right, jump out on left (feet apart)
&6&7 Pop both knees forward lifting heels slightly, straighten both legs lowering heels, repeat pops
&8 Jump right to center, jump left next to right (weight on left) (facing 3:00)

REPEAT
