

Chains

拍數: 56 牆數: 2 級數: Improver
編舞者: John Corley
音樂: 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
