

Chains

拍數: 64 牆數: 2 級數: Improver
編舞者: Michael Barr (USA)
音樂: Take These Chains from My Heart - Lee Roy Parnell



TO THE RIGHT - SIDE, LOCK, SIDE, LOCK - SIDE, LOCK, SIDE, TOUCH TOGETHER

Start with body facing forward - as you step onto right for count one allow the body to face the right diagonal stepping to the side

- 1-2 Step right foot side right, step onto ball of left tightly behind right popping right knee at right diagonal
- 3-4 Step right foot side right (straighten knees), popping right knee, step onto ball of left tightly behind right
- 5-6 Step right foot side right (straighten knees), popping right knee, step onto ball of left tightly behind right
- 7-8 Step right foot side right (straighten knees & face forward), touch ball of left next to right

TO THE LEFT - SIDE, LOCK, SIDE, LOCK -- SIDE, LOCK, SIDE, TOUCH TOGETHER

Start with body facing forward - as you step onto left for count one allow the body to face the left diagonal stepping to the side

- 1-2 Step left foot side left, step onto ball of right tightly behind left popping left knee at left diagonal
- 3-4 Step left foot side left (straighten knees), popping left knee, step onto ball of right behind left
- 5-6 Step left foot side left (straighten knees), popping left knee, step onto ball of right behind left
- 7-8 Step left foot side left (straighten knees & face forward), touch ball of right next to left

SIDE, TOUCH, DIAGONAL, TOUCH -- DIAGONAL, TOUCH, DIAGONAL, TOUCH

- 1-2 Step right foot side right, touch toe of left foot next to right
- 3-4 Step left foot back on left diagonal, touch toe of right foot next to left
- 5-6 Step right foot back on right diagonal, touch toe of left foot next to right
- 7-8 Step left foot forward on left diagonal facing forward, touch toe of right foot next to left

¼ LEFT, TOUCH, SIDE, TOUCH -- ¼ TURN LEFT, TOUCH, SIDE, TOUCH

- 1-2 Step right foot forward into a ¼ turn left (facing ¼ left of start), touch toe of left foot next to right
- 3-4 Step left foot side left, touch toe of right foot next to left
- 5-6 Step right foot forward into a ¼ turn left (facing back wall), touch toe of left foot next to right
- 7-8 Step left foot side left, touch toe of right foot next to left

TAP, SIDE, BEHIND, SIDE RIGHT -- TAP, SIDE, BEHIND, ¼ TURN LEFT

- 1-2 Tap right heel just in front of left foot slightly up off the floor, step right foot side right
- 3-4 Step left foot behind right, step right foot side right
- 5-6 Tap left heel just in front of right foot slightly up off the floor, step left foot side left
- 7-8 Step right foot behind left, step left foot side left into a ¼ turn left (you will be facing ¼ right of start)

TAP, SIDE, BEHIND, SIDE RIGHT -- TAP, SIDE, BEHIND, ¼ TURN LEFT

- 1-2 Tap right heel just in front of left foot slightly up off the floor, step right foot side right
- 3-4 Step left foot behind right, step right foot side right
- 5-6 Tap left heel just in front of right foot slightly up off the floor, step left foot side left
- 7-8 Step right foot behind left, step left foot side left into a ¼ turn left

BRUSH, CROSS, BACK, ¼ TURN -- BRUSH, CROSS, BACK, TOGETHER (JAZZ BOXES)

- 1-2 Brush right foot forward, cross-step right foot over left
- 3-4 Step left foot back, step right foot back into ¼ turn to the right (you will be facing ¼ right of start)
- 5-6 Brush left foot forward, cross-step left foot over right
- 7-8 Step right foot back, step left together (about shoulder width apart)

SIDE, HOLD - ¼ TURN - SIDE, HOLD -- SWITCH-SIDE-SWITCH-SIDE, SWITCH-SIDE- TOUCH RIGHT TOE BEHIND LEFT

- 1-2 Touch toe of right foot side right, hold
- & Step right foot next to left making a ¼ turn to the right (facing back wall - and new starting wall)
- 3-4 Touch toe of left foot side left, hold
- &-5 Step left foot next to right, touch toe of right foot side right
- &-6 Step right foot next to left, touch toe of left foot side left
- &-7 Step left foot next to right, touch toe of right foot side right
- 8 Touch toe of right crossing behind left

REPEAT
