

Chains

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Take These Chains from My Heart - Lee Roy Parnell



VINE RIGHT TOUCH BESIDE, VINE LEFT TOUCH BESIDE

1-2-3-4 Step right to right, step left behind right, step right to right, touch left beside right
5-6-7-8 Step left to left, step right behind left, step left to left, touch right beside left

SLOW HEEL JACK, SLOW HEEL JACK

9-10-11-12 Step back on right, touch left heel forward, step forward on left, touch right beside left
13-14-15-16 Step back on right, touch left heel forward, step forward on left, touch right beside left

VINE RIGHT TOUCH BESIDE, VINE LEFT TOUCH BESIDE

17-18-19-20 Step right to right, step left behind right, step right to right, touch left beside right
21-22-23-24 Step left to left, step right behind left, step left to left, touch right beside left

& HEEL HOLD, & TOUCH HOLD, & HEEL HOLD, & TOUCH HOLD

&25-26 Step back on right, touch left heel forward, hold
&27-28 Step forward on left, touch right beside left, hold
&29-30 Step back on right, touch left heel forward, hold
&31-32 Step forward on left, touch right beside left, hold

ROCK RETURN, SHUFFLE FORWARD, ROCK RETURN, STEP BACK HOLD

33-34 Rock/step back on right, rock forward on left
35&36 Shuffle forward right, left, right
37-38 Rock/step forward on left, rock back on right
39-40 Step back on left, hold

ROCK RETURN, SHUFFLE FORWARD, ROCK RETURN, STEP BACK HOLD

41-42 Rock/step back on right, rock forward on left
43&44 Shuffle forward right, left, right
45-46 Rock/step forward on left, rock back on right
47-48 Step back on left, hold

HALF TURN TOE STRUTS (4), ROCK RETURN, STEP BACK HOLD, ROCK RETURN, STOMP HOLD

49-50 Toe strut back on right
51-56 Making ½ turn left execute 3 more toe struts stepping left, right, left
57-58-59-60 Rock/step forward on right, rock back on left, step back on right, hold
61-62-63-64 Rock/step back on left, rock forward on right, stomp left beside right, hold

REPEAT
