

# Chains Of My Heart

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 0      級數:  
編舞者: Trevor Eaton (AUS)  
音樂: Take These Chains from My Heart - Lee Roy Parnell



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1-2            Step forward on right, lock left behind right  
3&4           Shuffle forward right-left-right  
5-6           Step left forward, step right together  
7&8           Shuffle forward left-right-left

1-2            Rock forward on right, turn  $\frac{1}{2}$  to the right stepping back left  
3&4           Shuffle forward right-left-right  
5-6           Rock left to left side, rock right in place  
7&8           Cross shuffle left-right-left

1-2            Rock right to right side, left in place  
3&4           Cross shuffle right-left-right  
5-8           Vine left, touch right next to left

1-4            Step forward on right, pivot  $\frac{1}{4}$  to the left, step forward on right, pivot  $\frac{1}{2}$  to the left  
5&6           Shuffle forward right-left-right  
7&8           Shuffle forward left-right-left

**REPEAT**

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