

CHAINS FROM MY HEART

Count: 64

Wall: 2

Level: beginner/intermediate two step

Choreographer: Sebastiaan Holtland (NL)

Music: Take These Chains from My Heart - Lee Roy Parnell

SCUFF STOMP KNEE POP KICK, PLACE KNEE POP PLACE

- 1-4 Right foot scuff forward, right foot knee pop in, right foot step in place, weight on left foot
5-6 Right foot kick forward, right foot step in place, weight on left foot
7-8 Right foot knee pop in, right foot step in place, weight on left foot

DIAGONAL STEPS FORWARD WITH CLOSE, BRUSH STEPS FORWARD LOCK LEFT BRUSH

When you dance the counts 9-16, move your arms like a train

- 9-12 Right foot step to right diagonal, left foot close next to right foot, weight on left foot, right foot step to right diagonal, left foot brush forward
13-16 Left foot step forward, right foot lock behind left foot, left foot step forward, right foot brush forward

½ PADDLE TURN LEFT STEP FORWARD HOLD CLAP, ½ PADDLE TURN RIGHT STEP FORWARD HOLD CLAP

- 17-20 Right foot step forward with ½ turn left, right foot step forward, hold and clap
21-24 Left foot step forward with ½ turn right, left foot step forward, hold and clap

½ PADDLE TURN LEFT STEP FORWARD HOLD CLAP, STEP FULL CHAINE TURN LEFT STEP FORWARD HOLD

- 25-28 Right foot step forward with ½ turn left, right foot step forward, hold and clap, weight on right foot
29-32 Left foot step forward, right foot close with full turn left, left foot step forward, hold, end on facing to 6:00 weight on left foot

STEP ¼ TURN LEFT WITH SLIDE HOOK AND SLIDE, ¼ TURN RIGHT STEP FORWARD HOLD

- 33-36 Right foot step to the right side with a slide, left foot hook behind right foot, right foot recover
37-40 Left foot step to left side with a slide, ¼ turn right, left foot step forward, hold

HEEL ROCK FORWARD ROCK BACK, STEP FORWARD TOUCH SIDE STEP TOUCH

- 41-44 Right foot rock forward on right heel, left foot recover, right foot rock back, left foot recover
45-48 Right foot step forward, left foot touch next to right foot, left foot step to the left, right foot touch next to left foot

HEEL ROCK FORWARD ROCK BACK, ½ PADDLE TURN STEP WITH ¼ TURN AND SLIDE

- 49-52 Right foot rock forward on right heel, left foot recover, right foot rock back, left foot recover
53-56 Right foot step forward with ½ turn left, right foot step to the right and slide, hold

HOOK AND SLIDE ¼ RIGHT STEP FORWARD HOLD, ½ PADDLE TURN LEFT

- 57-60 Left foot hook behind right foot, right foot recover, left foot step to the left and slide, hold
61-64 ¼ turn right, left foot step forward, right foot step with ½ turn left, hold

REPEAT