

# L. Plate

Count: 24

Wall: 4

Level:

Choreographer: Malcolm Russell (UK)

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



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## RIGHT GRAPEVINE ENDING WITH A LEFT TOUCH, LEFT KICK BALL CHANGE

1-4 Right to side, left behind, right to side, left touch next to right  
5&6 Left kick forward, bring back in place & quickly change weight to right

## LEFT GRAPEVINE ENDING WITH A RIGHT TOUCH, RIGHT KICK BALL CHANGE

7-10 Left to side, right behind, left to side, right touch next to left  
11&12 Right kick forward, bring back in place & quickly change weight to left

## STEP BACK RIGHT, LEFT, TOUCH RIGHT, LEFT

13-16 Right back, left back, right back, left touch next to right

## LEFT FORWARD, RIGHT TOUCH, RIGHT BACK MAKING ¼ TURN RIGHT, LEFT TOUCH

17-18 Left forward, right touch next to right  
19-20 Right back making ¼ turn right, left touch next to right

## FORWARD LEFT PIVOT ½ TURN RIGHT, LEFT STOMP, RIGHT UP STOMP

21-22 Left forward, pivot ½ turn to right  
23-24 Left stomp, right stomp (taking weight off right)

## REPEAT

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