|  |  |
| --- | --- |
| Chains |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Michael Barr (USA) | | | | |
| **Music:** | 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**