

# Take These Chains From My Heart

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Pia Rossen (DK) - December 2021

**Music:** Take These Chains from My Heart - Lee Roy Parnell : (Album: On the Road)



**Intro: 32 counts, weight on L Foot. - No tags - no restarts.**

**( 1-8 ) R CHASSE, L BACK ROCK, L CHASSE, R BACK ROCK**

1&2 step R to R side, step L next to R, step R to R side  
3-4 step L back, recover onto R  
5&6 step L to l side, step R next to L, step L to L side  
7-8 step R back, recover onto L

**( 9-16 ) R KICK BALL CROSS x 2, MONTEREY TURN 1/4 R**

1&2 kick R fwd, step R next to L, cross L over R  
3&4 kick R fwd, step R next to L, cross L over R  
5-6 point R toe to R side, turn 1/4 R stepping R next to L  
7-8 point L toe to L side, step L next to R

**( 17- 24 ) R ROCK STEP, SHUFFLE BACK, L BACK ROCK, SHUFFLE FWD.**

1-2 step R fwd, recover onto L  
3&4 step R back, step L next to R, step R back  
5-6 step L back, recover onto R  
7&8 step L fwd, step R next to L, step L fwd

**( 25-32 ) STEP TURN 1/4 L x 2, JAZZBOX**

1-2 step R fwd, turn 1/4 L  
3-4 step R fwd, turn 1/4 L  
5-8 cross R over L, step L back, step R to R side, step L next to R

**Start again**

**Ending: Wall 12, last wall ends facing 12.00.**

**Contact:** [piahrossen@jubiimail.dk](mailto:piahrossen@jubiimail.dk)

**Last Update:** 26 Apr 2023

---