

# Chains

Count: 56

Wall: 2

Level: Improver

Choreographer: John Corley

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



## SHUFFLE

- 1&2 Shuffle 3 steps to right (right, left, right)  
3&4 Shuffle 3 steps to left (left, right, left)

## JAZZ BOX WITH ¼ TURN RIGHT

- 5 Cross right over left  
6 Step back on left with ¼ turn right  
7 Step right to right side  
8 Step left next to right

## ROCK RECOVER WITH ½ TURN TO RIGHT / ROCK RECOVER WITH ½ TURN TO LEFT

- 1 Rock forward on right foot  
2-3&4 Recover with ½ turn to right, left, right  
5 Rock forward on left  
6-7&8 Recover with ½ turn to left, right, left

## TWO MONTEREY TURNS

- 1 Point right toe to right  
2 Turn ½ turn to right  
3 Point left toe to left  
4 Step left next to right  
5-8 Repeat

## VINE RIGHT / VINE LEFT

- 1 Step right foot to right side  
2 Cross left foot behind right  
3 Step right foot to right side  
4 Touch left foot beside right  
5 Step left foot to left side  
6 Cross right foot behind left  
7 Step left foot to left side  
8 Touch right foot beside left

## TWO JAZZ BOXES

- 1 Cross right over left  
2 Step back on left  
3 Step right next to left  
4 Step left in place  
5-8 Repeat

## TWO LOCK STEPS

- 1 Step right forward to right diagonal  
2 Step left crossed behind right  
3 Step right forward to right diagonal  
4 Brush/scuff left beside right  
5 Step left forward to left diagonal

- 6 Step right crossed behind left
- 7 Step left forward to left diagonal
- 8 Brush/scuff left beside right

#### **PIVOT TURNS**

- 1 Step forward on right foot
- 2 Hold
- 3 Turn  $\frac{1}{2}$  turn left
- 4 Hold
- 5 Step forward on right foot
- 6 Hold
- 7 Turn  $\frac{1}{4}$  turn left
- 8 Hold

#### **REPEAT**

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