

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
