Count: 64
Wall: 2
Level: Easy Intermediate
Choreographer: Jan Wyllie (AUS) - March 2010
Music: Take These Chains from My Heart - Lee Roy Parnell

Start on vocals on the word 'chains'
1/4 Turn Hold, Step Pivot 1/2, $1 / 4$ Turn Hold, Sway Hips Right Left
1,2 Making 1/4 right step fwd on R, Hold
3,4 Step fwd on L, Pivot $1 / 2$ right transferring wt to $R$
5,6 Step fwd on L making 1/4 right, Hold
7,8 Sway hips right, left
Cross Rock Replace, Side Hold, Cross Rock Replace, 1/4 Shuffle

| 9,10,11,12 | Cross/rock R over L, Rock/replace wt on L, Step R to right, Hold |
| :--- | :--- |
| 13,14 | Cross/rock L over R, Rock/replace wt on R |
| $15 \& 16$ | Making $1 / 4$ left shuffle fwd L,R,L |

Rock Fwd Back, Rock Back Fwd, 1/2 Shuffle, Rock Back Fwd
17,18,19,20 Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L
21\&22 Shuffle fwd R,L,R making 1/2 turn left
23,24 Rock/step back on L, Rock fwd on R
Step Hold, Rock Fwd Back, Back Touch, Side Touch
25,26 Step fwd on L, Hold
27,28 Rock/step fwd on R, Rock back on L
$29,30,31,32 \quad$ Step back on R, Touch L beside R, Step $L$ to left, Touch R beside L
Vine Right Touch, Side Behind, 1/4 Fwd Touch
33,34,35,36 Step $R$ to right, Step $L$ behind $R$, Step $R$ to right, Touch $L$ beside $R$
37,38,39,40 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Touch R beside L

Vine Right Touch, Side Behind, $1 / 4$ Fwd Touch
$41,42,43,44 \quad$ Step $R$ to right, Step $L$ behind $R$, Step $R$ to right, Touch $L$ beside $R$
$45,46,47,48 \quad$ Step $L$ to left, Step $R$ behind $L$, Making $1 / 4$ left step fwd on $L$, Touch $R$ beside $L$

Side Together, Back Touch, Side Together, 1/4 Fwd Touch
$49,50,51,52 \quad$ Step $R$ to right, Step $L$ beside R, Step back on R, Touch L beside R
$53,54,55,56 \quad$ Step $L$ to left, Step R beside L, Making $1 / 4$ left step fwd on L, Touch R beside L
Side Touch, Side Touch, \&Elvis Knee Hold, \&Elvis Knee Hold
$57,58,59,60 \quad$ Step $R$ to right, Touch $L$ beside R, Step $L$ to left, Touch R beside $L$
\&61,62 Step $R$ slightly right while turning $L$ knee in, Hold
\&63,64 Step L slightly left while turning $R$ knee in, Hold
I have written to this song in the past, 2006 I think it was.
But this dance is for Sylvia from Holland who sent me the song this week.
It's always MY pleasure to write for other people's pleasure, in fact,
I get a real buzz out of it, so I hope you like the dance Sylvia.
It's not a hard dance at all but the Elvis knees at the end might take
a bit of mastering ..... Just a bit more practice, that's all it takes! (-:
See you on the floor sometime.... Jan
Email:janwyllie@iinet.net.au - Web Site: http://www.members.inet.net.au/~janwyllie/
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