

# L. Plate

拍数: 24      墙数: 4      级数:  
编舞者: Malcolm Russell (UK)  
音乐: Take These Chains from My Heart - Lee Roy Parnell



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## RIGHT GRAPEVINE ENDING WITH A LEFT TOUCH, LEFT KICK BALL CHANGE

1-4            Right to side, left behind, right to side, left touch next to right  
5&6            Left kick forward, bring back in place & quickly change weight to right

## LEFT GRAPEVINE ENDING WITH A RIGHT TOUCH, RIGHT KICK BALL CHANGE

7-10           Left to side, right behind, left to side, right touch next to left  
11&12          Right kick forward, bring back in place & quickly change weight to left

## STEP BACK RIGHT, LEFT, TOUCH RIGHT, LEFT

13-16           Right back, left back, right back, left touch next to right

## LEFT FORWARD, RIGHT TOUCH, RIGHT BACK MAKING ¼ TURN RIGHT, LEFT TOUCH

17-18           Left forward, right touch next to right  
19-20           Right back making ¼ turn right, left touch next to right

## FORWARD LEFT PIVOT ½ TURN RIGHT, LEFT STOMP, RIGHT UP STOMP

21-22           Left forward, pivot ½ turn to right  
23-24           Left stomp, right stomp (taking weight off right)

**REPEAT**

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