

Take These Chains

64 count, 4 wall, Beginner/Intermediate level
Choreographer: Niels B. Poulsen (Denmark) Mar 06
Choreographed to: Take These Chains From My
Heart by Lee Roy Parness, Album: On The Road
1993 (BPM : 136)

32 count intro (15 secs. into track)

Rock R Fw, ½ Shuffle Turn R, Touch Scoot With ½ Turn R, Rock Back R

- 1-2 Rock fw on R, recover weight back to L
3&4 turn ¼ R stepping R to R side, bring L to R, turn ¼ R stepping fw on R
5&6 turn ¼ R on R touching L next to R, turn ¼ R and lift L foot up and scoot back slightly with R foot, step back on L
7-8 rock back on R, recover weight to L (facing 12:00)

Shuffle Fw R, Step ½ Turn R, Shuffle Fw L, Step ¼ L

- 1&2 Step fw on R, bring L next to R, step fw on R
3-4 step fw L, turn ½ turn R bringing weight onto R
5&6 step fw on L, bring R next to L, step fw on L
7-8 step fw R, turn ¼ L (weight on L) (facing 3:00)

Weave, Heel Jack, & Cross, Turn ¼ L, Turn ¼ L Into Chasse L

- 1-2 Cross R over L, step L to L side
3&4 cross R behind L, step L small step to L side, touch R heel diagonally fw R
&5-6 bring R next to L, cross L over R, turn ¼ L stepping back on R (facing 12:00)
7&8 turn ¼ L stepping L to L side, bring R next to L, step L to L side (facing 9:00)

Repeat steps 17-24

Cross Rock R Over L, Rock R Back Diagonally, Jazz Box, Cross

- 1-2 Cross rock R over L, recover weight back to L foot (facing 3:00)
3-4 rock R foot diagonally back (towards 7:30), recover weight back to L foot
5-6 cross R over L, step back on L
7-8 step R to R side, cross L over R (facing 3:00)

Step Touch Diagonally R, Knee Pops Out In, Step Touch Diagonally L, Knee Pops Out In

- 1-2 Step long step diagonally fw R (turning 1/8 L), slide touch L next to R (facing 1:30)
&3&4 lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on R)
5-6 step long step diagonally fw L (turning ¼ R), slide touch R next to L (facing 4:30)
&7&8 lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on L) (facing 4:30)

Syncopated Jumps Back, Rock Back R

- &1-2 Jump back diagonally R, touch L to R, Hold (facing 3:00)
&3-4 jump back diagonally L, touch R to L, Hold
&5&6 jump back diagonally R, touch L to R, jump back diagonally L, touch R to L
7-8 rock back on R, recover weight to L foot (facing 3:00)

Step ½ Turn L X 2, Jump Out Out, Heel Bounces, Jump In In

- 1-2 Step fw on R, turn ½ turn L bringing weight onto L
3-4 step fw on R, turn ½ turn L bringing weight onto L
&5 jump slightly fw and out on R, jump out on L (feet apart)
&6&7 pop both knees fw lifting heels slightly, straighten both legs lowering heels, repeat pops
&8 jump R to centre, jump L next to R (weight on L) (facing 3:00)

FORGET ABOUT EVERYONE ELSE AND SING ALONG TO THIS GREAT COUNTRY TRACK
