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Take These Chains

Choreographer: Michael Barr

Count: 32

Wall: 4

Level: Beginner

Intro: 32 counts, start on the word "Chains"

Music: "Take These Chains From My Heart" by Scooter Lee

[1-8] VINE RIGHT with 3 KICKS

1-2 Step R to right; Step L behind R
3-4 Step R to right; Kick L across R
5-6 Step L to left; Kick R across L
7-8 Step R to right; Kick L across R

[9-16] VINE LEFT with 3 KICKS

1-2 Step L to left; Step R behind L
3-4 Step L to left; Kick R across L
5-6 Step R to right; Kick L across R
7-8 Step L to left; Kick R across L

[17-24] LOCK STEP BACK KICK - LOCK STEP BACK KICK

1-2 Step R back; Lock step L across front of R (hips are now facing the right diagonal)
3-4 Step R back (square up to front wall); Kick L forward (low soft kick)
5-6 Step L back; Lock step R across front of L (hips are now facing the left diagonal)
7-8 Step L back (square up on the front wall); Kick R forward (low soft kick)

[25-32] STEP TOUCHES with 1/4 TURN LEFT

1-2 Step R back to back right diagonal; Touch L next to R
3-4 Step L forward; Touch R next to L
5-6 Turn 1/4 left stepping R to right; Touch L next to R
7-8 Step L to left; Touch R next to L

Repeat

