

Take These Chains

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Michael Barr (June 2014)

Music: Take These Chains From My Heart by Scooter Lee. CD: I'm Gonna Love You Forever

Music available from major download sites worldwide or www.ScooterLee.com

Intro: 32 counts – Start on the word “Chains”. No Tags Or Restarts - 136 bpm

[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 ¼ left stepping R to right; Touch L next to R
7-8 Step L to left; Touch R next to L

BEGIN AGAIN!

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