

# CHAINS OF MY HEART

Count: 32. Wall: 4. Level: Beginner

Choreographer: Trevor Eaton (AUS)

Music: Take These Chains From My Heart by Lee Roy Parnell. Album: On the Road

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**INTRO: 32 count. Weight on L. No Tags, No Restarts.**

## **STEP, LOCK, SHUFFLE, STEP, TOGETHER, SHUFFLE**

- 1,2 Step R forward, Lock L behind R
- 3&4 Step R forward, Step L beside R, Step R forward
- 5,6 Step L forward, Step R beside L
- 7&8 Step L forward, Step R beside L, Step L forward

## **ROCK FORWARD, RECOVER 1/2 RIGHT, SHUFFLE, ROCK LEFT, RECOVER, CROSS SHUFFLE**

- 1,2 Rock R forward, Recover ½ right
- 3&4 Step R forward, Step L beside R, Step R forward
- 5,6 Rock L to left, Recover onto R
- 7&8 Cross L over R, Step R to right, Cross L over R **[6:00]**

## **ROCK RIGHT, RECOVER, CROSS SHUFFLE, VINE LEFT, TOUCH**

- 1,2 Rock R to right, Recover onto L
- 3&4 Cross R over L, Step L to left, Cross R over L
- 5-8 Step L to left, Step R behind L, Step L to left, Touch R beside L

## **STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/2 LEFT, SHUFFLE, SHUFFLE**

- 1-4 Step R forward, Pivot ¼ left, Step R forward, Pivot ½ left
- 5&6 Step R forward, Step L beside R, Step R forward
- 7&8 Step L forward, Step R beside L, Step L forward **[9:00]**

**32 REPEAT**