

# CHAINS FROM MY HEART

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**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate two step

**Choreographer:** Sebastiaan Holtland

**Music:** Take These Chains From My Heart by Lee Roy Parnell

## SCUFF STOMP KNEE POP KICK, PLACE KNEE POP PLACE

- 1-4** Right foot scuff forward, right foot knee pop in, right foot step in place, weight on left foot
- 5-6** Right foot kick forward, right foot step in place, weight on left foot
- 7-8** Right foot knee pop in, right foot step in place, weight on left foot

## DIAGONAL STEPS FORWARD WITH CLOSE, BRUSH STEPS FORWARD LOCK LEFT BRUSH

**When you dance the counts 9-16, move your arms like a train**

- 9-12** Right foot step to right diagonal, left foot close next to right foot, weight on left foot, right foot step to right diagonal, left foot brush forward
- 13-16** Left foot step forward, right foot lock behind left foot, left foot step forward, right foot brush forward

## ½ PADDLE TURN LEFT STEP FORWARD HOLD CLAP, ½ PADDLE TURN RIGHT STEP FORWARD HOLD CLAP

- 17-20** Right foot step forward with ½ turn left, right foot step forward, hold and clap
- 21-24** Left foot step forward with ½ turn right, left foot step forward, hold and clap

## ½ PADDLE TURN LEFT STEP FORWARD HOLD CLAP, STEP FULL CHAINE TURN LEFT STEP FORWARD HOLD

- 25-28** Right foot step forward with ½ turn left, right foot step forward, hold and clap, weight on right foot
- 29-32** Left foot step forward, right foot close with full turn left, left foot step forward, hold, end on facing to 6:00 weight on left foot

## STEP ¼ TURN LEFT WITH SLIDE HOOK AND SLIDE, ¼ TURN RIGHT STEP FORWARD HOLD

- 33-36** Right foot step to the right side with a slide, left foot hook behind right foot, right foot recover
- 37-40** Left foot step to left side with a slide, ¼ turn right, left foot step forward, hold

### **HEEL ROCK FORWARD ROCK BACK, STEP FORWARD TOUCH SIDE STEP TOUCH**

- 41-44** Right foot rock forward on right heel, left foot recover, right foot rock back, left foot recover
- 45-48** Right foot step forward, left foot touch next to right foot, left foot step to the left, right foot touch next to left foot

### **HEEL ROCK FORWARD ROCK BACK, ½ PADDLE TURN STEP WITH ¼ TURN AND SLIDE**

- 49-52** Right foot rock forward on right heel, left foot recover, right foot rock back, left foot recover
- 53-56** Right foot step forward with ½ turn left, right foot step to the right and slide, hold

### **HOOK AND SLIDE ¼ RIGHT STEP FORWARD HOLD, ½ PADDLE TURN LEFT**

- 57-60** Left foot hook behind right foot, right foot recover, left foot step to the left and slide, hold
- 61-64** ¼ turn right, left foot step forward, right foot step with ½ turn left, hold

### **REPEAT**