

TAKE THESE CHAINS

32 Count 4 Wall Beginner Line Dance

Choreographer: Michael Barr

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

17-24 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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Scooter Lee



Michael