

# Take These Chains

Choreographer: Niels B. Poulsen (Denmark), [www.love-to-dance.dk](http://www.love-to-dance.dk), [niels@love-to-dance.dk](mailto:niels@love-to-dance.dk)

Date: 1<sup>st</sup> of March 2006

Type of dance: 64 counts, 4 walls, East coast swing rhythm

Level: Easy intermediate line dance

Music: 'Take these chains from my heart' by Lee Roy Parnell, 136 bpm. Album: 'On the road' – 1993.

Intro: 32 count intro (15 secs. into track)

## **1 - 8 Rock R fw, ½ shuffle turn R, touch scoot with ½ turn R, rock back R**

- 1-2 Rock fw on R, recover weight back to L  
3&4 turn ¼ R stepping R to R side, bring L to R, turn ¼ R stepping fw on R  
5&6 turn ¼ R on R touching L next to R, turn ¼ R and lift L foot up and scoot back slightly with R foot, step back on L  
7-8 rock back on R, recover weight to L (facing 12:00)

## **9 - 16 Shuffle fw R, step ½ turn R, shuffle fw L, step ¼ L**

- 1&2 Step fw on R, bring L next to R, step fw on R  
3-4 step fw L, turn ½ turn R bringing weight onto R  
5&6 step fw on L, bring R next to L, step fw on L  
7-8 step fw R, turn ¼ L (weight on L) (facing 3:00)

## **17-24 Weave, heel jack, & cross, turn ¼ L, turn ¼ L into chasse L**

- 1-2 Cross R over L, step L to L side  
3&4 cross R behind L, step L small step to L side, touch R heel diagonally fw R  
&5-6 bring R next to L, cross L over R, turn ¼ L stepping back on R (facing 12:00)  
7&8 turn ¼ L stepping L to L side, bring R next to L, step L to L side (facing 9:00)

## **25-32 Repeat steps 17-24**

## **33-40 Cross rock R over L, rock R back diagonally, jazz box, cross**

- 1-2 Cross rock R over L, recover weight back to L foot (facing 3:00)  
3-4 rock R foot diagonally back (towards 7:30), recover weight back to L foot  
5-6 cross R over L, step back on L  
7-8 step R to R side, cross L over R (facing 3:00)

## **41-48 Step touch diagonally R, knee pops out in, step touch diagonally L, knee pops out in**

- 1-2 Step long step diagonally fw R (turning 1/8 L), slide touch L next to R (facing 1:30)  
&3&4 lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on R)  
5-6 step long step diagonally fw L (turning ¼ R), slide touch R next to L (facing 4:30)  
&7&8 lift both heels off the floor popping both knees out to the sides, straighten both legs lowering heels softly, repeat knee pops (weight on L) (facing 4:30)

## **49-56 Syncopated jumps back, rock back R**

- &1-2 Jump back diagonally R, touch L to R, Hold (facing 3:00)  
&3-4 jump back diagonally L, touch R to L, Hold  
&5&6 jump back diagonally R, touch L to R, jump back diagonally L, touch R to L  
7-8 rock back on R, recover weight to L foot (facing 3:00)

## **57-64 Step ½ turn L X 2, jump out out, heel bounces, jump in in**

- 1-2 Step fw on R, turn ½ turn L bringing weight onto L  
3-4 step fw on R, turn ½ turn L bringing weight onto L  
&5 jump slightly fw and out on R, jump out on L (feet apart)  
&6&7 pop both knees fw lifting heels slightly, straighten both legs lowering heels, repeat pops  
&8 jump R to centre, jump L next to R (weight on L) (facing 3:00)

FORGET ABOUT EVERYONE ELSE AND SING ALONG TO THIS GREAT COUNTRY TRACK