

CHAINS

SONG: Take These Chains From My Heart by Leroy Parnell

CHOREOGRAPHER: Jan Wyllie, Hervey Bay, Qld., Australia

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DANCE: 64 counts, 2 walls, 144 bpm, Easy Intermediate level, Start on vocals on the word 'chains'

This dance is for Annie and focuses on heel jacks. Hope it does the trick for you

NO TAGS OR RESTARTS

STEPS

PATTERN OF DANCE

Vine Right Touch Beside, Vine Left Touch Beside

1,2,3,4 Step R to right, Step L behind R, Step R to right, Touch L beside R
5,6,7,8 Step L to left, Step R behind L, Step L to left, Touch R beside L

Slow Heel Jack, Slow Heel Jack

9,10,11,12 Step back on R, Touch L heel fwd, Step fwd on L, Touch R beside L
13,14,15,16 Step back on R, Touch L heel fwd, Step fwd on L, Touch R beside L

Vine Right Touch Beside, Vine Left Touch Beside

17,18,19,20 Step R to right, Step L behind R, Step R to right, Touch L beside R
21,22,23,24 Step L to left, Step R behind L, Step L to left, Touch R beside L

& Heel Hold, & Touch Hold, & Heel Hold, & Touch Hold

&25,26 Step back on R, Touch L heel fwd, Hold
&27,28 Step fwd on L, Touch R beside L, Hold
&29,30 Step back on R, Touch L heel fwd, Hold
&31,32 Step fwd on L, Touch R beside L, Hold

Rock Return, Shuffle Fwd, Rock Return, Step Back Hold

33,34 Rock/step back on R, Rock fwd on L
35&36 Shuffle fwd R,L,R
37,38 Rock/step fwd on L, Rock back on R
39,40 Step back on L, Hold

Rock Return, Shuffle Fwd, Rock Return, Step Back Hold

41,42 Rock/step back on R, Rock fwd on L
43&44 Shuffle fwd R,L,R
45,46 Rock/step fwd on L, Rock back on R
47,48 Step back on L, Hold

Half Turn Toe Struts (4), Rock Return, Step Back Hold, Rock Return, Stomp Hold

49,50 Toe strut back on R
51--56 Making 1/2 turn left execute 3 more toe struts stepping L,R,L
57,58,59,60 Rock/step fwd on R, Rock back on L, Step back on R, Hold
61,62,63,64 Rock/step back on L, Rock fwd on R, Stomp L beside R, Hold



Original
sheet by
Jan Wyllie

Here's another pop song from the past that has now been given 'country' status. When this song was first sung country music was mainly yodeling and slow story telling. I personally loved it, and still do today, but since country music has changed it's direction it has definitely grown in popularity..... and that's a good thing. Just about anything seems to be classified as country these days, just as long as someone who has a country leaning sings it. It's a shame that line dancing seems to be moving away from country music because that was our roots and we need to remember where we came from before we slip into oblivion and lose our well known identity. I'm getting off the soap box now. See you on the floor sometime.... Jan