

TAKE THESE CHAINS

WRITTEN BY: DIANA BISHOP

SONG & ARTIST: CHAINS by LEE ROY PARNELL

2 WALL BEGINNERS DANCE 21-11-2013

BEATS

STEPS

1.2.3.4.5.6.7.8.

STEP TURN HOLD CLAP, STEP TURN HOLD CLAP,

STEP R FWD PIVOT ½ TURN L, KEEP L IN PLACE, STEP R FWD, HOLD CLAP

STEP L FWD PIVOT ½ TURN R, KEEP R IN PLACE, STEP L FWD, HOLD CLAP

1.2.3.4.5.6.7.8.

STEP KICK, STEP KICK, STEP HIP, HIP, HIP HOLD

STEP R TO R, KICK L ACROSS R, STEP L TO L

STEP L TO L, KICK R ACROSS L, STEP R TO R

STEP R TO R AS YOU HIP BUMP TO R THEN L, THEN R & HOLD

1.2.3.4.5.6.7.8.

SIDE BEHIND, SIDE BEHIND, SIDE BEHIND, SIDE BEHIND

STEP L TO L, STEP R BEHIND, L STEP L TO L, STEP R BEHIND L

STEP L TO L, STEP R BEHIND, L STEP L TO L, STEP R BEHIND L

1.2.3.4.5.6.7.8.

TURN ¼ R TOUCH, SIDE TOUCH, TURN ¼ R TOUCH, SIDE TOUCH,

TURN ¼ TO R, STEP R TO R, TAP L NEXT TO R, STEP L TO L, TAP R NEXT TO L, TURN ¼ TO R, STEP R TO R, TAP L NEXT TO R, STEP L TO L, TAP R NEXT TO L

START AGAIN ½ PIVOT TURN

32 BEATS