

# Take These Chains

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Michael Barr (June 2014)

**Music:** Take These Chains From My Heart by Scooter Lee. CD: I'm Gonna Love You Forever

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**Music available from major download sites worldwide or [www.ScooterLee.com](http://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)

## **[25-32]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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