

# Take These Chains



Choreographed by: Michael Barr (June 2014)  
Music: **Take These Chains From My Heart** by **Scooter Lee**  
(CD: I'm Gonna Love You Forever)  
Type: 4 wall, 32 counts  
Level: Beginner

NOTES 32 count intro

## **[1 – 8] VINE RIGHT with 3 KICKS**

1 – 4 Step right to right side, step left behind right, step right to right side, kick left across right.  
5 – 6 Step left to left side, kick right across left.  
7 – 8 Step right to right side, kick left across right.

## **[9 – 16] VINE LEFT with 3 KICKS**

1 – 4 Step left to left side, step right behind left, step left to left side, kick right across left.  
5 – 6 Step right to right side, kick left across right.  
7 – 8 Step left to left side, kick right across left.

## **[17 – 24] LOCK STEP BACK KICK - LOCK STEP BACK KICK**

1 – 2 Step right back, lock left across in front of right (hips are now facing the right diagonal).  
3 – 4 Step right back (square up to front wall), kick left forward (low soft kick).  
5 – 6 Step left back, lock right across in front of left (hips are now facing the left diagonal).  
7 – 8 Step left back (square up to front wall), kick right forward (low soft kick).

## **[25 – 32] STEP TOUCHES with ¼ TURN LEFT**

1 – 2 Step right back to back right diagonal, touch left next to right  
3 – 4 Step left forward, touch right next to left.  
5 – 6 Turn ¼ left stepping right to right side, touch left next to right. [9:00]  
7 – 8 Step left to left side, touch right next to left.

Start Again!