

## Take These Chains

32 Count, 4 Wall, Beginner

Choreographer: Michael Barr (USA) June 2014

Choreographed to: Take These Chains From My Heart by  
Scooter Lee. CD: I'm Gonna Love You Forever (136 bpm)

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**Intro: 32 counts – Start on the word “Chains”.**

**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

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Music download available from [www.ScooterLee.com](http://www.ScooterLee.com)