

MICHAEL BARR'S :
CHAINS

Description: 64 Count Line Dance - Two Wall *Difficulty: Upper Beginner*
Choreographer: Michael Barr, "A Waltz In Time Productions", Corning, CA. USA 6/98
Suggested music: "Take These Chains" by Lee Roy Parnell 132 bpm - On The Road - Arista Records
"Blue Train" by Big House 144 bpm - MCA Nashville Records
Teaching Music: Use any West Cost Swing rhythm at about 112 to 124 bpm for teaching.
Prepared by: Michael Barr, Instructor/Choreographer/DJ, - Phone & fax 530-824-6888
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This Dance Can Be Seen On Vol. 2 Of My Instructional Video. E.Mail Or Call For More Information.

A. TO THE RIGHT - SIDE, LOCK, SIDE, LOCK -- SIDE, LOCK, SIDE, TOUCH TOGETHER

Start with body facing forward - as you step onto R for count one allow the body to face the right diagonal stepping to the side.

- 1 - 2 Step Right foot side right; Step onto ball of Left tightly behind right popping right knee at right diagonal
- 3 - 4 Step Right foot side right [*straighten knees*]; Popping right knee, step onto ball of Left tightly behind right
- 5 - 6 Step Right foot side right [*straighten knees*]; Popping right knee, step onto ball of Left tightly behind right
- 7 - 8 Step Right foot side right [*straighten knees & face forward*]; Touch ball of Left next to right

B. TO THE LEFT - SIDE, LOCK, SIDE, LOCK -- SIDE, LOCK, SIDE, TOUCH TOGETHER

Start with body facing forward - as you step onto L for count one allow the body to face the left diagonal stepping to the side.

- 1 - 2 Step Left foot side left; Step onto ball of Right tightly behind left popping left knee at left diagonal
- 3 - 4 Step Left foot side left [*straighten knees*]; Popping left knee, step onto ball of Right behind left
- 5 - 6 Step Left foot side left [*straighten knees*]; Popping left knee, step onto ball of Right behind left
- 7 - 8 Step Left foot side left [*straighten knees & face forward*]; Touch ball of Right next to left

C. SIDE, TOUCH, DIAGONAL, TOUCH -- DIAGONAL, TOUCH, DIAGONAL, TOUCH

- 1 - 2 Step Right foot side right; Touch toe of Left foot next to right
- 3 - 4 Step Left foot back on left diagonal; Touch toe of Right foot next to left
- 5 - 6 Step Right foot back on right diagonal; Touch toe of Left foot next to right
- 7 - 8 Step Left foot forward on left diagonal facing forward; Touch toe of Right foot next to left

D. 1/4 LEFT, TOUCH, SIDE, TOUCH -- 1/4 TURN LEFT, TOUCH, SIDE, TOUCH

- 1 - 2 Step Right foot forward into a 1/4 turn left [*facing 1/4 left of start*]; Touch toe of Left foot next to right
- 3 - 4 Step Left foot side left; Touch toe of Right foot next to left
- 5 - 6 Step Right foot forward into a 1/4 turn left [*facing back wall*]; Touch toe of Left foot next to right
- 7 - 8 Step Left foot side left; Touch toe of Right foot next to left

E. TAP, SIDE, BEHIND, SIDE RIGHT -- TAP, SIDE, BEHIND, 1/4 TURN LEFT

- 1 - 2 Tap Right heel just in front of left foot slightly up off the floor; Step Right foot side right
- 3 - 4 Step Left foot behind right; Step Right foot side right
- 5 - 6 Tap Left heel just in front of right foot slightly up off the floor; Step Left foot side left
- 7 - 8 Step Right foot behind left; Step Left foot side left into a 1/4 turn left [*you will be facing 1/4 right of start*]

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F. TAP, SIDE, BEHIND, SIDE RIGHT -- TAP, SIDE, BEHIND, 1/4 TURN LEFT

[Same as E]

- 1 - 2 Tap Right heel just in front of left foot slightly up off the floor; Step Right foot side right
- 3 - 4 Step Left foot behind right; Step Right foot side right
- 5 - 6 Tap Left heel just in front of right foot slightly up off the floor; Step Left foot side left
- 7 - 8 Step Right foot behind left; Step Left foot side left into a 1/4 turn left

G. BRUSH, CROSS, BACK, 1/4 TURN -- BRUSH, CROSS, BACK, TOGETHER (JAZZ BOXES)

- 1 - 2 Brush Right foot forward; Cross-step Right foot over left
- 3 - 4 Step Left foot back; Step Right foot back into 1/4 turn to the right *[you will be facing 1/4 right of start]*
- 5 - 6 Brush Left foot forward; Cross-step Left foot over right
- 7 - 8 Step Right foot back; Step Left together *[about shoulder width apart]*

H. SIDE, HOLD - 1/4 TURN - SIDE, HOLD -- SWITCH-SIDE-SWITCH-SIDE, SWITCH-SIDE-TOUCH RIGHT TOE BEHIND LEFT

- 1 - 2 Touch toe of Right foot side right; Hold
- & Step Right foot next to left making a 1/4 turn to the right *[facing back wall - and new starting wall]*
- 3 - 4 Touch toe of Left foot side left; Hold
- & - 5 Step Left foot next to right; Touch toe of Right foot side right
- & - 6 Step Right foot next to left; Touch toe of Left foot side left
- & - 7 Step Left foot next to right; Touch toe of Right foot side right
- 8 Touch toe of Right crossing behind left

BEGIN AGAIN!!!