



## Triple Mix

Choreographer: Lorna Mursell (Scotland)  
Tanztyp: 2 Wall Line Dance  
Level: Social Tanz A  
Counts: 32  
Musik: Take These Chains From My Heart - Lee Roy Parnell

**Intro: 32 count**

**No Tags, No Restarts**

### **CHASSE, ROCK BACK, RECOVER, SIDE TOUCH 2x**

1&2 Step right to right side, step left beside right, step right to right side

3-4 Rock back on left, recover on to right

5-6 Step left to left side, touch right beside left

7-8 Step right to right side, touch left beside right

### **CHASSE 1/4 TURN, ROCK BACK, RECOVER, SIDE TOUCH 2x**

1&2 Step left to left side, step right beside left, turn 1/4 right stepping back on to left foot

3-4 Rock back on right, recover on to left

5-6 Step right to right side, touch left beside right

7-8 Step left to left side, touch right beside left

### **TOE STRUT, KICKBALL CHANGE, TOE STRUT KICKBALL CHANGE**

1-2 Step right toe forward, drop right heel down

3&4 Kick left foot forward, step left foot in place, step right foot beside left foot

5-6 Step left toe forward, drop left heel down

7&8 Kick right foot forward, step right foot in place, step left foot beside right foot

### **CROSS POINT X 2, JAZZ BOX 1/4 TURN, CROSS**

1-2 Cross right over left, point left toe to left side

3-4 Cross left over right, point right toe to right side

5-6 Cross right over left, step back on left

7-8 Step 1/4 turn right, cross left over right

**Repeat**

