

I'm In Chains

Count: 32

Wall: 2

Level: Beginner

Choreographer: Irene Groundwater (CAN)

Music: Lyin' to My Heart - Jenai



FORWARD, TOGETHER, FORWARD, HEEL, FORWARD, TOGETHER, FORWARD, HEEL

- 1-2 Right forward, step left beside right
- 3-4 Right forward, tap left heel diagonal forward
- 5-6 Left forward, step right beside left
- 7-8 Left forward, tap right heel diagonal forward

Options

- 4 Look to the left and snap your fingers each side of body waist high as you tap your heel
- 8 Look to the right and snap your fingers each side of body waist high as you tap your heel

BACK, HEEL, BACK, HEEL, BACK, HEEL, BACK, HEEL

- 1-2 Right back, tap left heel diagonal forward
- 3-4 Left back, tap right heel diagonal forward
- 5-6 Right back, tap left heel diagonal forward
- 7-8 Left back, tap right heel diagonal forward

Options

Counts 1, 3, 4 and 7 - bend knees, counts 2, 4, 6 and 8 straighten knees as you snap fingers and tap heels

Counts 2 and 6 - look to the left and snap your fingers each side of body waist high as you tap your heel

Counts 4 and 8 - look to the right and snap your fingers each side of body waist high as you tap your heel

FORWARD, REPLACE, BACK, HEEL, FORWARD, TOGETHER, ¼ TURN LEFT, HEEL

- 1-2 Right forward, replace weight on left
- 3-4 Right back, tap left heel diagonal forward
- 5-6 Left forward, step right beside left
- 7-8 Left forward making ¼ turn left on step, tap right heel diagonal forward

Options

Counts 4 and 8 - snap your fingers each side of body waist high as you tap your heel

RIGHT VINE WITH HEEL, TURNING LEFT VINE WITH HEEL

- 1-2 Side step right, left behind right
- 3-4 Side step right, tap left heel diagonal forward
- 5-6 Side step left, right behind left
- 7-8 Side step left making ¼ turn left on step, tap right heel diagonal forward

Options

Count 4 - look to the left and snap your fingers each side of body waist high as you tap your heel

Count 8 - snap your fingers each side of body waist high as you tap your heel

REPEAT

Choreographed for all my special students who love Tina Charles music