

Ain't No Chains

Count: 32

Wall: 2

Level: Improver

Choreographer: David Sinfield (UK) & Carol Robertshaw (UK)

Music: I'll Be There If You Ever Want Me - Heather Myles



KICK BALL CHANGE, PIVOT ½ TURN, HEEL GRIND ¼ TURN, KICK BALL, STEP

- 1&2 Kick right forward, step right in place, step left in place
- 3-4 Step right forward, pivot ½ turn left
- 5-6 Grind right heel forward ¼ turn right(keeping weight on left foot)
- 7&8 Kick right forward, step right in place, step forward left

SIDE, BEHIND, SIDE, SYNCOPATED CROSS, SIDE, BEHIND UNWIND, HEEL SPLITS

- 1-2 Step right to right, cross left behind right
- &3-4 Step right to right, cross left over right, step right to right
- 5-6 Cross left behind right, unwind ½ turn left
- 7-8 Split both heels apart, bring both heels together

SIDE, BEHIND, SIDE, SYNCOPATED CROSS, SIDE, BEHIND UNWIND, HEEL SPLITS

- 1-2 Step right to right, cross left behind right
- &3-4 Step right to right, cross left over right, step right to right
- 5-6 Cross left behind right, unwind ½ turn left
- 7-8 Split both heels apart, bring both heels together

SIDE, BEHIND, SHUFFLE ¼ TURN, ROCK FORWARD, SHUFFLE ½ TURN

- 1-2 Step right to right, cross left behind right
- 3&4 Shuffle ¼ turn right stepping right-left-right
- 5-6 Rock forward on left, replace weight onto right
- 7&8 Shuffle ½ turn left stepping left-right-left

REPEAT

Start dance on word "Chains"(3 count intro)
