

# I'm In Chains

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Irene Groundwater (CAN)  
音樂: 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

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