

AIN'T NO CHAINS

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Count: 32 **Wall:** 2 **Level:** beginner/intermediate

Choreographer: David Sinfield & Carol Robertshaw

Music: I'll Be There If You Need Me by 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)