

AIN'T NO CHAINS

Count: 32. Wall: 2. Level: Beginner/Improver

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

Music: I'll Be There If You Need Me by Heather Myles. Album: Highways and Honky Tonks

INTRO: 3 count. Start dance on word "Chains"

KICK-BALL-CHANGE, STEP, PIVOT 1/2 LEFT, HEEL GRIND 1/4 RIGHT, SIDE, KICK-BALL-STEP

1&2 Kick R forward, Step ball of R beside L, Step L beside R

3,4 Step R forward, Pivot 1/2 left **[6:00]**

5,6 Grind R heel forward 1/4 right, Step L to left

7&8 Kick R forward, Step R beside L, Step L forward **[[9:00]**

SIDE, BEHIND-SIDE-CROSS, SIDE, BEHIND, UNWIND 1/2 LEFT, HEEL SPLITS

1 Step R to right

2&3 Step L behind R, Step R to right, Cross L over R

4 Step R to right

5,6 Step L behind R, Unwind 1/2 left

7,8 Split heels apart, Bring heels together **[3:00]**

SIDE, BEHIND-SIDE-CROSS, SIDE, BEHIND, UNWIND 1/2 LEFT, HEEL SPLITS

1 Step R to right

2&3 Step L behind R, Step R to right, Cross L over R

4 Step R to right

5,6 Step L behind R, Unwind 1/2 left

7,8 Split heels apart, Bring heels together **[9:00]**

SIDE, BEHIND, 1/4 RIGHT SHUFFLE, ROCK FORWARD, RECOVER, SHUFFLE 1/2 LEFT

1,2 Step R to right, Step L behind R

3&4 Turn 1/4 right step R forward, Step L beside R, Step R forward **[12:00]**

5,6 Rock L forward, Recover onto R

7&8 Turn 1/4 left step L to left, Step R beside L, Turn 1/4 left step L forward **[6:00]**

32 REPEAT