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Ain't No Chains

32 Count, 2 Wall, Improver

Choreographer: David Sinfield & Carol Robertshaw (UK)

Choreographed to: I'll Be There If You Need Me
by Heather Myles

Start Dance On Word "Chains" (3 Count Intro)

Section 1: 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

Section 2: 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

Section 3: 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

Section 4: 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