

# Ain't No Chains

**COPPER** **KNOB**  
BY STEPHEN

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: David Sinfield (UK) & Carol Robertshaw (UK)

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



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## 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)

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