

# Ain't No Chains

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

**Compte:** 32

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** David Sinfield (UK) & Carol Robertshaw (UK)

**Musique:** 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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