

# I'm In Chains

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Irene Groundwater (CAN)  
音乐: Lyin' to My Heart - Jenai



## **FORWARD, TOGETHER, FORWARD, HEEL, FORWARD, TOGETHER, FORWARD, HEEL**

1-2                      Right forward, step left beside right  
3-4                      Right forward, tap left heel diagonal forward  
5-6                      Left forward, step right beside left  
7-8                      Left forward, tap right heel diagonal forward

### **Options**

4                      Look to the left and snap your fingers each side of body waist high as you tap your heel  
8                      Look to the right and snap your fingers each side of body waist high as you tap your heel

## **BACK, HEEL, BACK, HEEL, BACK, HEEL, BACK, HEEL**

1-2                      Right back, tap left heel diagonal forward  
3-4                      Left back, tap right heel diagonal forward  
5-6                      Right back, tap left heel diagonal forward  
7-8                      Left back, tap right heel diagonal forward

### **Options**

Counts 1, 3, 4 and 7 - bend knees, counts 2, 4, 6 and 8 straighten knees as you snap fingers and tap heels  
Counts 2 and 6 - look to the left and snap your fingers each side of body waist high as you tap your heel  
Counts 4 and 8 - look to the right and snap your fingers each side of body waist high as you tap your heel

## **FORWARD, REPLACE, BACK, HEEL, FORWARD, TOGETHER, ¼ TURN LEFT, HEEL**

1-2                      Right forward, replace weight on left  
3-4                      Right back, tap left heel diagonal forward  
5-6                      Left forward, step right beside left  
7-8                      Left forward making ¼ turn left on step, tap right heel diagonal forward

### **Options**

Counts 4 and 8 - snap your fingers each side of body waist high as you tap your heel

## **RIGHT VINE WITH HEEL, TURNING LEFT VINE WITH HEEL**

1-2                      Side step right, left behind right  
3-4                      Side step right, tap left heel diagonal forward  
5-6                      Side step left, right behind left  
7-8                      Side step left making ¼ turn left on step, tap right heel diagonal forward

### **Options**

Count 4 - look to the left and snap your fingers each side of body waist high as you tap your heel  
Count 8 - snap your fingers each side of body waist high as you tap your heel

## **REPEAT**

Choreographed for all my special students who love Tina Charles music

---