

I'm In Chains

拍數: 32 牆數: 2 級數: Beginner
編舞者: Irene Groundwater (CAN)
音樂: 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
