Steppin' off the Page

Script approved by C Robertshaw

Ain't No Chains


Heather Myles

BEGINNER/INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	**Kick Ball Change, Pivot 1/2 Turn, Heel Grind 1/4 Turn, Kick Ball Step.**		
1 & 2	Kick right forward. Step right in place. Step left in place.	Kick Ball Change	On the spot
3 - 4	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
5 - 6	Grind right heel forward. Make 1/4 turn right. (Keep weight on left.)	Heel Turn	Turning right
7 & 8	Kick right forward. Step right in place. Step left forward.	Kick Ball Step	On the spot
Section 2	**Side, Behind and Cross, Side, Behind Unwind, Heel Splits.**		
1 - 2	Step right to right side. Cross left behind right.	Side Behind	Right
&3 - 4	Step right to right side. Cross left over right. Step right to right side.	& Cross Side	
5 - 6	Cross left behind right. Unwind 1/2 turn left.	Behind Unwind	Turning left
7 - 8	Split both heels apart. Bring both heels together.	Heel Splits	On the spot
Section 3	**Side, Behind and Cross, Side, Behind Unwind, Heel Splits.**		
1 - 2	Step right to right side. Cross left behind right.	Side Behind	Right
&3 - 4	Step right to right side. Cross left over right. Step right to right side.	& Cross Side	
5 - 6	Cross left behind right. Unwind 1/2 turn left.	Behind Unwind	Turning left
7 - 8	Split both heels apart. Bring both heels together.	Heel Splits	On the spot
Section 4	**Side, Behind, Shuffle 1/4 Turn, Forward Rock, Shuffle 1/2 Turn Left.**		
1 - 2	Step right to right side. Cross left behind right.	Side Behind	Right
3 & 4	Step right to right side. Close left beside right. Step right 1/4 turn right.	Shuffle Turn	Turning right
5 - 6	Rock forward on left. Rock back onto right.	Rock Step	On the spot
7 & 8	Shuffle step 1/2 turn left, stepping - Left, Right, Left.	Shuffle Turn	Turning left

2 Wall Line Dance:- 32 Counts. Beginner/Intermediate.
Choreographed by:- David J Sinfield & Carol C Robertshaw (UK) June 2003.
Choreographed to:- 'I'll Be There If You Ever Want Me' (128 bpm) by Heather Myles from 'The Highways & Honky Tonks' Album.
Choreographer's Note:- Start the Dance on the word 'Chains' (3 Count Intro.)
Music Suggestions:- 'There Goes My Heart' (132 bpm) by The Mavericks.
'Dancin' On Hollywood Boulevard' by Barry Upton & Wild At Heart