## Unchained

Count: 40
Wand: 4
Ebene: Improver west coast swing
Choreograf/in: Nancy Morgan (USA)
Musik: Unchain My Heart (90s Version) - Joe Cocker


WALK, WALK, KICK AND TOUCH AND TOUCH AND TOUCH, SWIVEL $1 ⁄ 4$ TURN TO LEFT AND RETURN
1-2
Walk forward right, left
$3 \& 4 \quad$ Kick right foot forward, step right next to left, touch left toe out to left side
\&5
Step left next to right, touch right toe out to right side
Step right next to left, touch left toe out to left side
Swivel both feet $1 / 4$ turn to left as you drop slightly, then turn back $1 / 4$ turn to right

## CROSS HITCH ¼ TURN TO LEFT, STEP FORWARD, SHUFFLE FORWARD, ½ TURN PIVOT, ½ TURN WALK BACK 2 STEPS

1-2
As you turn $1 / 4$ turn to left, cross left over right (just above your ankle), step forward on left
3\&4 Shuffle forward - right, left, right
5-6 Step left foot forward, pivot $1 / 2$ turn to your right (weight ends on right)
7-8 Step back $1 / 2$ turn to your right on your left foot, then step back on your right foot
COASTER STEP, STEP-LOCK, SHUFFLE FORWARD, ¼ TURN RIGHT WITH HIP ROLL
1\&2 Coaster step - step back on your left, back on your right, forward on your left
3-4 Step right foot forward, lock left behind right
5\&6 Shuffle forward - right, left, right
7-8 Step forward on left as you roll your hips $1 / 4$ turn to your right
$1 / 4$ TURN RIGHT 2 TRAVELING SAILOR SHUFFLES, HEEL AND HEEL AND

| $1-2$ | Step forward on left, pivot $1 / 4$ turn to your right |
| :--- | :--- |
| $3 \& 4$ | Sailor shuffle - step left behind right, step right foot forward and to your right, step left foot to <br> left side and slightly forward |
| $5 \& 6$ | Sailor shuffle - step right behind left, step left foot forward and to your left, step right foot <br> forward |
| $7 \& 8 \&$ | Put left heel forward, put left next to right as you put right heel forward, put right next to left |

FORWARD ROCK AND WALK, WALK, MONTEREY, WITH LEFT MAMBO
1-2 Rock / step forward on left and back on right
\&3-4 Put left next to right as you step forward on right, step forward on left
5-6 Touch right toe out to right side, swing right foot $1 / 2$ turn to right as you set your right next to your left
Rock / step left out to left side and back to right, step forward on left
REPEAT

