

Unchained

Compte: 64

Mur: 2

Niveau: Easy Intermediate

Chorégraphe: Jan Wyllie (AUS) - March 2010

Musique: Take These Chains from My Heart - Lee Roy Parnell



Start on vocals on the word 'chains'

1/4 Turn Hold, Step Pivot 1/2, 1/4 Turn Hold, Sway Hips Right Left

- 1,2 Making 1/4 right step fwd on R, Hold
- 3,4 Step fwd on L, Pivot 1/2 right transferring wt to R
- 5,6 Step fwd on L making 1/4 right, Hold
- 7,8 Sway hips right, left

Cross Rock Replace, Side Hold, Cross Rock Replace, 1/4 Shuffle

- 9,10,11,12 Cross/rock R over L, Rock/replace wt on L, Step R to right, Hold
- 13,14 Cross/rock L over R, Rock/replace wt on R
- 15&16 Making 1/4 left shuffle fwd L,R,L

Rock Fwd Back, Rock Back Fwd, 1/2 Shuffle, Rock Back Fwd

- 17,18,19,20 Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L
- 21&22 Shuffle fwd R,L,R making 1/2 turn left
- 23,24 Rock/step back on L, Rock fwd on R

Step Hold, Rock Fwd Back, Back Touch, Side Touch

- 25,26 Step fwd on L, Hold
- 27,28 Rock/step fwd on R, Rock back on L
- 29,30,31,32 Step back on R, Touch L beside R, Step L to left, Touch R beside L

Vine Right Touch, Side Behind, 1/4 Fwd Touch

- 33,34,35,36 Step R to right, Step L behind R, Step R to right, Touch L beside R
- 37,38,39,40 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Touch R beside L

Vine Right Touch, Side Behind, 1/4 Fwd Touch

- 41,42,43,44 Step R to right, Step L behind R, Step R to right, Touch L beside R
- 45,46,47,48 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Touch R beside L

Side Together, Back Touch, Side Together, 1/4 Fwd Touch

- 49,50,51,52 Step R to right, Step L beside R, Step back on R, Touch L beside R
- 53,54,55,56 Step L to left, Step R beside L, Making 1/4 left step fwd on L, Touch R beside L

Side Touch, Side Touch, &Elvis Knee Hold, &Elvis Knee Hold

- 57,58,59,60 Step R to right, Touch L beside R, Step L to left, Touch R beside L
- &61,62 Step R slightly right while turning L knee in, Hold
- &63,64 Step L slightly left while turning R knee in, Hold

I have written to this song in the past, 2006 I think it was.

But this dance is for Sylvia from Holland who sent me the song this week.

It's always MY pleasure to write for other people's pleasure, in fact,

I get a real buzz out of it, so I hope you like the dance Sylvia.

It's not a hard dance at all but the Elvis knees at the end might take a bit of mastering Just a bit more practice, that's all it takes! (-:

See you on the floor sometime.... Jan

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