Unchained

拍数: 32   **墙数:** 2   **级数:** Intermediate

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音乐: Unchained Melody - LeAnn Rimes

LEFT CROSS ROCK, & RIGHT CROSS ROCK, & FORWARD, LOCK, & FORWARD RIGHT, PIVOT ½ TURN LEFT

1-2&	Rock-step left foot across in front of right, recover weight onto right foot, step left beside right
3-4&	Rock-step right foot across in front of left, recover weight onto left foot, step right beside left
5-6&	Step left forward, lock right behind left, step left diagonally forward
7-8	Step right forward, pivot ½ turn left

SHUFFLE ½ TURN LEFT, BACK LEFT, HEEL TURN ½ LEFT, ROCK FORWARD, RECOVER, RIGHT FULL MONTEREY

1&2	Shuffle forward right, left, right making ½ turn left (complete the turn on the first 2 steps, stepping straight back on the third step)
3&4	Step back left, pivot ½ turn left on both heels, roll weight forward onto left foot
5-6	Rock-step right forward, recover weight onto left
7&8	Touch right toe to right side, spin full turn right on ball of left foot while drawing right foot in beside left, transfer weight to right foot

Option: for steps 7&8 a right back coaster can be done instead of the touch & full spin Monterey

ROCK LEFT SIDE, RECOVER, VINE ¼ RIGHT, ROCK FORWARD, RECOVER, 1&½ TURNS RIGHT

1-2	Rock left side left, recover weight onto right
3&4	Step left behind right, step right into ¼ turn right, step left forward
5-6	Rock right forward, recover weight onto left
7&8	Step right back into ½ turn right, step left forward into ½ turn right, step right back into ½ turn right (turns travel along line of dance)

ROCK FORWARD, RECOVER, BACK, LOCK, BACK, SKATE ¼ TURN RIGHT, SKATE DIAGONAL LEFT, TRIPLE FULL TURN RIGHT

1-2	Rock forward left, recover weight onto right
3&4	Step back left, lock right across left, step back left
5-6	Skate right into a ¼ turn right, skate diagonal left
7&8	Triple full turn right, right, left, right in place, squaring body to new front wall

REPEAT