Unchained

拍数: 40   **墙数:** 4   **级数:** Improver west coast swing

编舞者: Nancy Morgan (USA)

音乐: Unchain My Heart (90s Version) - Joe Cocker

WALK, WALK, KICK AND TOUCH AND TOUCH AND TOUCH, SWIVEL ¼ TURN TO LEFT AND RETURN

1-2	Walk forward right, left
3&4	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
&6	Step right next to left, touch left toe out to left side
7-8	Swivel both feet ¼ turn to left as you drop slightly, then turn back ¼ 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 ¼ 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 ½ turn to your right (weight ends on right)
7-8	Step back ½ 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 ¼ turn to your right

¼ TURN RIGHT 2 TRAVELING SAILOR SHUFFLES, HEEL AND HEEL AND

1-2	Step forward on left, pivot ¼ turn to your right
3&4	Sailor shuffle - step left behind right, step right foot forward and to your right, step left foot to left side and slightly forward
5&6	Sailor shuffle - step right behind left, step left foot forward and to your left, step right foot 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 ½ turn to right as you set your right next to your left
7&8	Rock / step left out to left side and back to right, step forward on left

REPEAT