

Unchained Lizzy

Count: 92

Wand: 2

Ebene: Phrased Improver

Choreograf/in: Iris Wolff (DE) - September 2021

Musik: Unchained Lizzy - Sherman Noir



Start dance after the 16 drumbeats on the word „young“.

Sequence: Part ABB, C, ABBB, B, BBB

Part A = 36 counts

A1: GRAPEVINE R /BRUSH, L FWD, R TOUCH BEHIND L, BACK, TOUCH

- 1-2 Step R to right side, cross L behind R
- 3-4 Step R to right side, brush L forward
- 5-6 Step L forward, touch R behind L
- 7-8 Step R back, touch L beside R

A2: GRAPEVINE L /BRUSH, R FWD, L TOUCH BEHIND R, BACK, TOUCH

- 1-2 Step L to left side, cross R behind L
- 3-4 Step L to left side, brush R forward
- 5-6 Step R forward, touch L behind R
- 7-8 Step L back, touch R beside L

A3: GRAPEVINE R /BRUSH, L FWD, R TOUCH BEHIND L, BACK, TOUCH

- 1-8 Repeat A1

A4: GRAPEVINE L /BRUSH, R FWD, L TOUCH BEHIND R, BACK, TOUCH

- 1-8 Repeat A2

A5: R SIDE, TOUCH, L SIDE TOUCH

- 1-2 Step R to right side, touch L beside R
- 3-4 Step L to left side, touch R beside L

Part B = 32 counts (start at 12:00 or 6:00)

B1: R SIDE ROCK, CROSS SHUFFLE, L SIDE ROCK, CROSS SHUFFLE

- 1-2 Step R to right side, weight back on L
- 3&4 Cross R over L, step L to left, cross R over L
- 5-6 Step L to left side, weight back on R
- 7&8 Cross L over R, step R to right, cross L over R

B2: R BACK ROCK, R ROCK FWD, R FULL TURN TO R, R BACK ROCK

- 1-2 Step R back, weight back on L
- 3-4 Step R forward, weight back on L
- 5-6 Turn R ½ to right forward, turn L ½ right back (12:00)
- 7-8 Step R back, weight back on L

B3: R POINT, CROSS, L POINT, CROSS, R SIDE ROCK, R ¼ TURN L SIDE ROCK

- 1-2 Point R to right side, cross R over L
- 3-4 Point L to left side, cross L over R
- 5-6 Step R to right side, weight back on L
- 7-8 Step R with ¼ left turn to right side, weight back on L (9:00)

B4: HEEL, TOGETHER, SWIVET TO RIGHT, UNWIND ¼ TURN L, KICK-BALL-CHANGE

- 1-2 Touch right heel forward, step R beside L

- 3 Turn right heel (raised) to the left & at the same time turn the right toe (raised) to the right (both toes point to the right)
- 4 Turn both feet back to the center
- 5-6 Touch left toe behind R and turn $\frac{1}{4}$ to left on both balls (6:00)
- 7&8 Kick R forward, right ball next to L, step L on place

Part C = 24 Counts (start at 12:00)

C1: 4 X DIAGONAL BACK TOUCHES (WITH CLAPS)

- 1-2 Step R diagonal right back, touch L beside R (clap)
- 3-4 Step L diagonal left back, touch R beside L (clap)
- 5-6 Step R diagonal right back, touch L beside R (clap)
- 7-8 Step L diagonal left back, touch R beside L (clap)

C2: 4 X DIAGONAL FORWARD TOUCHES (WITH CLAPS)

- 1-2 Step R diagonal right forward, touch L beside R (clap)
- 3-4 Step L diagonal left forward, touch R beside L (clap)
- 5-6 Step R diagonal right forward, touch L beside R (clap)
- 7-8 Step L diagonal left forward, touch R beside L (clap)

C3: 2 X MONTEREY TURN $\frac{1}{4}$ RIGHT

- 1-2 Point R to right side, turn $\frac{1}{4}$ right and step R next to L
- 3-4 Point L to left side, step L next to R (3:00)
- 5-6 Point R to right side, turn $\frac{1}{4}$ right and step R next to L
- 7-8 Point L to left side, step L next to R (6:00)

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Last Update - 7 Sept. 2021
