

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 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
