

# Unwound

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Jen Michele (USA) - April 2022

Musique: Southbound - Carrie Underwood



**\*Restarts on walls 2 & 4 after 16 counts**

**\*Tag (4 counts) at the end of wall 5**

## **WALK BACK (right, left), COASTER STEP, STEP, ½ TURN, COASTER STEP**

- 1-2 step back on right, step back on left (12:00)  
3&4 step right foot back, step left foot next to right, step right foot forward (12:00)  
5 step left foot forward (12:00)  
6 as you make a ½ turn going left, step back onto the right foot (6:00)  
7&8 step left foot back, step right next to left, step left foot forward (6:00)

## **WALK, WALK, MAMBO FORWARD, BACK/UNWIND ½, SHUFFLE FORWARD**

- 1-2 walk forward right, left (6:00)  
3&4 rock forward on right foot, recover on left foot, step right next to/slightly back from left (6:00)  
5 touch left toe back (6:00)  
6 make ½ turn left "unwinding" (12:00)  
7&8 moving forward shuffle left foot forward, right next to left, left foot forward (12:00)

**\*\*\*Restart here on walls 2 and 4\*\*\***

## **TOE STRUT (X3), HIP BUMPS L,R, L**

- 1-2 touch right toe forward, drop heel (putting weight onto right foot) (12:00)  
3-4 touch left toe forward, drop heel (putting weight onto left foot) (12:00)  
5-6 touch right toe forward, drop heel (putting weight onto right foot) (12:00)  
7&8 as you transfer weight to the left foot bump hips left, right, left (12:00)

## **JAZZ SQUARE, ¼ TURNING JAZZ SQUARE**

- 1-2 cross right foot over the left, step the left foot back (12:00)  
3-4 step right foot the right side, step left foot slightly forward (12:00)  
5-6 cross right foot over the left, step the left foot back (12:00)  
7-8 turn ¼ to the right as you step to the right side, step left foot slightly forward (3:00)

**\*\*\*Tag: End of wall 5: Back v-Step**

- 1-2 Step right foot back on the diagonal, step left foot back on the diagonal  
3-4 step right foot to center, step left foot to center next to the right

**Happy Dancing!**

**Email Jen Michele with any questions! [danceitoutlinedancing@yahoo.com](mailto:danceitoutlinedancing@yahoo.com)**

**Last Update: 27 Aug 2022**