

# Unchained

**COPPER KNOB**  
STEPSHEETS

**Compte:** 64

**Mur:** 2

**Niveau:** Easy Intermediate



**Chorégraphe:** Jan Wyllie (AUS) - March 2010

**Musique:** Take These Chains from My Heart - Lee Roy Parnell

**Start on vocals on the word 'chains'**

## **1/4 Turn Hold, Step Pivot 1/2, 1/4 Turn Hold, Sway Hips Right Left**

1,2 Making 1/4 right step fwd on R, Hold  
3,4 Step fwd on L, Pivot 1/2 right transferring wt to R  
5,6 Step fwd on L making 1/4 right, Hold  
7,8 Sway hips right, left

## **Cross Rock Replace, Side Hold, Cross Rock Replace, 1/4 Shuffle**

9,10,11,12 Cross/rock R over L, Rock/replace wt on L, Step R to right, Hold  
13,14 Cross/rock L over R, Rock/replace wt on R  
15&16 Making 1/4 left shuffle fwd L,R,L

## **Rock Fwd Back, Rock Back Fwd, 1/2 Shuffle, Rock Back Fwd**

17,18,19,20 Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L  
21&22 Shuffle fwd R,L,R making 1/2 turn left  
23,24 Rock/step back on L, Rock fwd on R

## **Step Hold, Rock Fwd Back, Back Touch, Side Touch**

25,26 Step fwd on L, Hold  
27,28 Rock/step fwd on R, Rock back on L  
29,30,31,32 Step back on R, Touch L beside R, Step L to left, Touch R beside L

## **Vine Right Touch, Side Behind, 1/4 Fwd Touch**

33,34,35,36 Step R to right, Step L behind R, Step R to right, Touch L beside R  
37,38,39,40 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Touch R beside L

## **Vine Right Touch, Side Behind, 1/4 Fwd Touch**

41,42,43,44 Step R to right, Step L behind R, Step R to right, Touch L beside R  
45,46,47,48 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Touch R beside L

## **Side Together, Back Touch, Side Together, 1/4 Fwd Touch**

49,50,51,52 Step R to right, Step L beside R, Step back on R, Touch L beside R  
53,54,55,56 Step L to left, Step R beside L, Making 1/4 left step fwd on L, Touch R beside L

## **Side Touch, Side Touch, &Elvis Knee Hold, &Elvis Knee Hold**

57,58,59,60 Step R to right, Touch L beside R, Step L to left, Touch R beside L  
&61,62 Step R slightly right while turning L knee in, Hold  
&63,64 Step L slightly left while turning R knee in, Hold

I have written to this song in the past, 2006 I think it was.  
But this dance is for Sylvia from Holland who sent me the song this week.  
It's always MY pleasure to write for other people's pleasure, in fact,  
I get a real buzz out of it, so I hope you like the dance Sylvia.  
It's not a hard dance at all but the Elvis knees at the end might take  
a bit of mastering ..... Just a bit more practice, that's all it takes! (-:  
See you on the floor sometime.... Jan

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