Unchained Heart

拍数: 32 **墙数:** 4 **级数:** Absolute Beginner

编舞者: Mike Stringer (UK) - January 2015

音乐: Unchain My Heart - Ray Charles

#16 Count Intro

SIDE, TOGETHER, SIDE TOUCH X2

1-2	Step right to right side, Step left next to right
3-4	Step right to right side, Touch left next to right
5-6	Step left to left side, Step right next to left,
7-8	Step left to left side, Touch right next to left

FORWARD, TOUCH, BACK, TOUCH, BACK TOUCH, FORWARD, BRUSH

1-2	Step right forward, Touch left next to right
3-4	Step left back, Touch right next to left
5-6	Step right back, Touch left next to right
7-8	Step left forward, Brush right foot from back to forward

WALK FORWARD RIGHT, LEFT, RGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT, TOUCH

1-2	Walk forward on right, Walk forward on left
3-4	Walk forward on right, Kick left forward
5-6	Walk back on left, Walk back on right
7-8	Walk back on left, Touch right next to left (putting weight on balls of feet)

SWIVEL HEELS, TOES, HEELS, CLAP, GRAPEVINE ¼ LEFT, STOMP WITH CLAP

1-2	Swivel heels right, Swivel toes right
3-4	Swivel heels right, clap hands (putting weight on right)
5-6	Step left to left side, Step right behind left
7-8	Step forward left turning ¼ over left shoulder, Stomp right next to left as you clap (or click)

BEGIN AGAIN, ENJOY, SMILE

Contact: peppermintpolo1@hotmail.co.uk