

Unwound

拍数: 32 墙数: 4 级数: Improver
编舞者: Jen Michele (USA) - April 2022
音乐: 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

Last Update: 27 Aug 2022