

# Unchained

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Phyllis Tom (USA) & Dan Wilson (USA)  
音乐: Unchained Melody - LeAnn Rimes



## LEFT CROSS ROCK, & RIGHT CROSS ROCK, & FORWARD, LOCK, & FORWARD RIGHT, PIVOT ½ TURN LEFT

- 1-2&      Rock-step left foot across in front of right, recover weight onto right foot, step left beside right
- 3-4&      Rock-step right foot across in front of left, recover weight onto left foot, step right beside left
- 5-6&      Step left forward, lock right behind left, step left diagonally forward
- 7-8      Step right forward, pivot ½ turn left

## SHUFFLE ½ TURN LEFT, BACK LEFT, HEEL TURN ½ LEFT, ROCK FORWARD, RECOVER, RIGHT FULL MONTEREY

- 1&2      Shuffle forward right, left, right making ½ turn left (complete the turn on the first 2 steps, stepping straight back on the third step)
- 3&4      Step back left, pivot ½ turn left on both heels, roll weight forward onto left foot
- 5-6      Rock-step right forward, recover weight onto left
- 7&8      Touch right toe to right side, spin full turn right on ball of left foot while drawing right foot in beside left, transfer weight to right foot

Option: for steps 7&8 a right back coaster can be done instead of the touch & full spin Monterey

## ROCK LEFT SIDE, RECOVER, VINE ¼ RIGHT, ROCK FORWARD, RECOVER, 1&½ TURNS RIGHT

- 1-2      Rock left side left, recover weight onto right
- 3&4      Step left behind right, step right into ¼ turn right, step left forward
- 5-6      Rock right forward, recover weight onto left
- 7&8      Step right back into ½ turn right, step left forward into ½ turn right, step right back into ½ turn right (turns travel along line of dance)

## ROCK FORWARD, RECOVER, BACK, LOCK, BACK, SKATE ¼ TURN RIGHT, SKATE DIAGONAL LEFT, TRIPLE FULL TURN RIGHT

- 1-2      Rock forward left, recover weight onto right
- 3&4      Step back left, lock right across left, step back left
- 5-6      Skate right into a ¼ turn right, skate diagonal left
- 7&8      Triple full turn right, right, left, right in place, squaring body to new front wall

REPEAT