

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