

Unchain My Feet

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate ECS
編舞者: Celeste Sali (CAN) - January 2016
音樂: Unchain My Feet - Roger Gabriel : (iTunes)



Start on the Lyrics...

S1: LEFT SIDE SHUFFLE, RIGHT ROCK STEP, RIGHT KICK BALL CHANGE, STEP FORWARD RIGHT, 1/4 PIVOT LEFT (WEIGHT LEFT)

1&2 Step left to left sides, close right beside left, step left to left side
3-4 Rock back on right, replace weight forward onto left
5&6 Kick right forward, step right together, step left in place
7-8 Step right foot forward, pivot 1/4 turn left onto left Weight left □ (9:00)

S2: STEP RIGHT FORWARD, HOLD, 1/4 TURN LEFT ON LEFT, HOLD, SKATE FORWARD RIGHT, LEFT, RIGHT, LEFT

1-2 Step forward on right, Hold
3-4 Pivot 1/4 turn left onto left, Hold (6:00)
5-6 Stepping forward on right swivel to the right (about 7:00), stepping forward on left swivel to the left (about 5:00)
7-8 Stepping forward on right swivel to the right (about 7:00), stepping forward on left swivel to the left (about 5:00)

Variation: Instead of Skate R, L, R, L, forward... Boogie Walk forward R, L, R, L.

S3: RIGHT HEEL FORWARD, TOE BACK, HEEL FORWARD, HOOK, RIGHT SHUFFLE FORWARD, TOUCH LEFT TOE SLIGHTLY FORWARD HEEL OFF THE FLOOR

1-4 Tap right heel forward, touch right toe back, tap right heel forward, hook right heel to left shin.
5&6 Shuffle forward right, close left beside right, step forward right
7-8 Touch left toe beside right, Hold

S4: POINT, CROSS, POINT, MONTEREY 1/2 TURN RIGHT, POINT, CROSS, POINT, Hold

1-3 Point left toe to left side, cross/step left over front of right, Point right toe to right
4-8 Monterey Turn: Pivot 1/2 turn to right on left stepping right next to left, Point left to left, cross/step left over front of right, Point right toe to right, Hold. □ (12:00)

S5: JAZZ BOX 1/4 TURN, RIGHT SIDE SHUFFLE, LEFT ROCK STEP

1-2 Cross the right over the left, 1/4 turn right step back on the left □ (3:00)
3-4 Step right to right side, cross left over right
5&6 Step right to right side, close left beside right, step right to right side
7-8 Rock back on left, rock forward onto left

S6: LEFT SIDE SHUFFLE 1/4 TURN RIGHT, RIGHT ROCK STEP, RIGHT HEEL, HOLD, LEFT HEEL HOLD

1&2-4 Step left to left side, step right together, turn 1/4 right & step left back, rock right back, step left forward □ (6:00)
5-6 Tap Right heel forward, Hold
&7-8 Step right beside left (&), tap left heel forward, Hold

REPEAT

TAG: □ ON 8th rotation, after the first 16 counts... Add these 16 Counts

1-8 Step forward Right, Hold (3 counts), Step forward Left, Hold (3 counts)

[1-8]□ Apple Jacks pattern: □

1& Swivel left heel and right toe to the Right, swivel back to centre

- 2& Swivel left toe and right heel to the Left, swivel back to centre
- 3& Swivel left heel and right toe to the Right, swivel back to centre
- 4& Swivel left toe and right heel to the Left, swivel back to centre
- 5-8 Repeat 1-4 (END WEIGHTED ON LEFT FOOT!)

***** RESUME DANCE on PHASE 3... 1-4 Tap right heel forward, touch toe back, Tap right... Etc.**

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