

Unbreakable

拍數: 48 牆數: 2 級數: Improver waltz
編舞者: CeeJay (UK) & EmCee (UK)
音樂: Unbreakable - Westlife



The emphasis during this dance is on the first step of each triple. One could almost count the sections as a slow 1 - 2 - 3 - 4. That is why the triples have been written as 1-2-3, 2-2-3 etc
There is only a very short introduction. Begin after 4-2-3 (having counted 1-2-3, 2-2-3, 3-2-3,) on the word HAND ("Took my hand...")

LARGE STEP TO RIGHT, LARGE STEP LEFT BACK, LARGE STEP ¼ RIGHT, LARGE STEP ¼ RIGHT

- 1-2-3 Large step right to right side - slide left next to right ending with a left touch
 - 2-2-3 Large step back on left - slide right next to left ending with a right touch
 - 3-2-3 Large step right forward with ¼ turn right - slide left next to right ending with left touch
 - 4-2-3 Large step left back with ¼ turn right - slide right next to left ending with right touch
- ½ turn. End facing 6:00

LARGE STEP RIGHT, ½ TURN ON RIGHT, SWAY, SWAY, BACK ¼ LEFT, DRAG

- 1-2-3 Large step right to right side swiveling ½ turn right on right, while left touches inside ankle of right
- 2-2-3 Sway onto left and slide right next to left ending with touch
- 3-2-3 Sway onto right and slide left next to right ending with touch
- 4-2-3 Large step back with left, making ¼ turn left - drag right to front of left ending with touch

CROSS, TOUCH, HOLD, CROSS BEHIND SWEEP HOLD TWICE, STEP RIGHT, SLIDE LEFT, TOUCH

- 1-2-3 Cross right over left, touch left to left diagonal - hold
- 2-2-3 Cross left behind right (moving backwards), sweep right from front to back,
- 3-2-3 Cross right behind left (moving backwards), sweep left to left and to back,
- 4-2-3 Step onto left at back - slide right next to left ending with a right touch

LARGE STEP RIGHT, SLIDE LEFT, TOUCH, LEFT FORWARD, HOLD, STEP ONTO RIGHT, LEFT BACK, SWEEP ROUND, TOUCH BEHIND, UNWIND ¾ RIGHT

- 1-2-3 Large step right to right side, drag left next to right, touch left
- 2-2-3 Step left forward - hold - step onto right beside left
- 3-2-3 Step left back, sweep right (front, side, back) touch right behind left
- 4-2-3 Unwind ¾ turn right (weight ending on left, facing 6:00)

REPEAT

RESTARTS

On wall 4 after completion of steps 1-12, you start again (with wall 5)
On wall 7 after completion of steps 1-12 you start again (with wall 8)

PAUSE

At the end of wall 13 (after steps 37-48) there is a pause counting 1-2-3, 2-2-3 during which the following steps can be done:

- 123 Rock onto right to right side - hold - hold
- 223 Recover onto left to left side - hold - hold

Continue with wall 14

There is a very slow section to end the song. You can choose if you wish to dance this section or not