

Unchain

拍數: 32 牆數: 4 級數: Improver WCS
編舞者: Garth Bock (USA)
音樂: Unchain My Heart - Joe Cocker



WALKS FORWARD, SYNCOPATED STEPS, SAILOR SHUFFLES WITH ¼ TURN

1-2 Walk forward right, left
&3 Step right to right side, step left to left side (out-out)
4 Hold
5&6 Step right behind left, step left to left side, step right out to right side
7&8 Step left behind right turning ¼ turn left, step right out, step left out

ROCK STEP, ½ TURN SHUFFLE, ¼ TURN PIVOT, CROSS SHUFFLE

9-10 Rock forward on right, recover on left
11&12 Turning ¼ turn right step right to side, step left next to right, turning ¼ right step right foot forward
13-14 Step left foot forward, pivot ¼ turn right
15&16 Cross left over right, step right small step right, cross left over right

ROCK STEP, SIDE TOE STRUTS, CROSS ROCK STEP

17-18 Step right foot right, recover on left
19-20 Step right toe over left foot, step down on heel
21-22 Step left toe out to side, step down on heel
23-24 Cross rock right over left, recover on left

SIDE STEPS WITH HOLDS AND TURNS, ROLLING TURN FORWARD

25-26 Step right to right side, hold
27-28 ½ turn right on ball of right foot stepping on left, hold
& ¼ turn right on ball of left foot
29-30 Rock back on right foot, recover on left
31 ½ turn on ball of left foot stepping back on right
32 ½ turn on ball of right foot stepping forward on left

REPEAT

RESTART

On the 9th wall (front wall), dance counts 1-16 and restart

ENDING

At the end, the song slows down. Continue dancing with the tempo. You will be doing the walks forward as they sing slowly "unchain my heart", stop and slowly raise both hands up