

# Unchained

拍數: 40      牆數: 4      級數: Improver west coast swing  
編舞者: Nancy Morgan (USA)  
音樂: Unchain My Heart (90s Version) - Joe Cocker



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## WALK, WALK, KICK AND TOUCH AND TOUCH AND TOUCH, SWIVEL ¼ TURN TO LEFT AND RETURN

- 1-2      Walk forward right, left
- 3&4      Kick right foot forward, step right next to left, touch left toe out to left side
- &5      Step left next to right, touch right toe out to right side
- &6      Step right next to left, touch left toe out to left side
- 7-8      Swivel both feet ¼ turn to left as you drop slightly, then turn back ¼ turn to right

## CROSS HITCH ¼ TURN TO LEFT, STEP FORWARD, SHUFFLE FORWARD, ½ TURN PIVOT, ½ TURN WALK BACK 2 STEPS

- 1-2      As you turn ¼ turn to left, cross left over right (just above your ankle), step forward on left
- 3&4      Shuffle forward - right, left, right
- 5-6      Step left foot forward, pivot ½ turn to your right (weight ends on right)
- 7-8      Step back ½ turn to your right on your left foot, then step back on your right foot

## COASTER STEP, STEP-LOCK, SHUFFLE FORWARD, ¼ TURN RIGHT WITH HIP ROLL

- 1&2      Coaster step - step back on your left, back on your right, forward on your left
- 3-4      Step right foot forward, lock left behind right
- 5&6      Shuffle forward - right, left, right
- 7-8      Step forward on left as you roll your hips ¼ turn to your right

## ¼ TURN RIGHT 2 TRAVELING SAILOR SHUFFLES, HEEL AND HEEL AND

- 1-2      Step forward on left, pivot ¼ turn to your right
- 3&4      Sailor shuffle - step left behind right, step right foot forward and to your right, step left foot to left side and slightly forward
- 5&6      Sailor shuffle - step right behind left, step left foot forward and to your left, step right foot forward
- 7&8&      Put left heel forward, put left next to right as you put right heel forward, put right next to left

## FORWARD ROCK AND WALK, WALK, MONTEREY, WITH LEFT MAMBO

- 1-2      Rock / step forward on left and back on right
- &3-4      Put left next to right as you step forward on right, step forward on left
- 5-6      Touch right toe out to right side, swing right foot ½ turn to right as you set your right next to your left
- 7&8      Rock / step left out to left side and back to right, step forward on left

**REPEAT**

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