

# Unwound

拍數: 48      牆數: 4      級數:  
編舞者: Wanda Sigler (USA)  
音樂: Big Love - Tracy Byrd



## TOE TOUCHES, RIGHT SIDE STEP-SLIDE, HEEL AND TOE TOADIES

- 1-2      Touch right toe to the right, touch right toe in front of left foot
- 3-4      Step to the right on right foot, slide left foot over next to right and touch
- 5-6      Touch left heel forward, step left foot next to right
- 7-8      Touch right toe back, step right foot next to left

## TOE TOUCHES, LEFT SIDE STEP-SLIDE, HEEL AND TOE TOUCHES

- 9-10      Touch left toe to the left, touch left toe in front of right foot
- 11-12      Step to the left on left foot, slide right foot over next to left and touch
- 13-14      Touch right heel forward, step right foot next to left
- 15-16      Touch left toe back, step left foot next to right

## SIDE SHUFFLES, CROSS ROCK STEPS

- 17&18      Shuffle sideways to the right (right-left-right)
- 19-20      Cross left foot behind right and step, rock forward onto right foot
- 21&22      Shuffle sideways to the left (left-right-left)
- 23-24      Cross right foot behind left and step, rock forward onto left foot

## FORWARD SHUFFLE, MILITARY PIVOT TO THE RIGHT, FORWARD SHUFFLE, MILITARY TURN TO THE LEFT

- 25&26      Shuffle forward (right-left-right)
- 27      Step forward on left foot
- 28      Pivot  $\frac{1}{2}$  turn to the right on left foot and shift weight to right foot
- 29&30      Shuffle forward (left-right-left)
- 31      Step forward on right foot
- 32      Pivot  $\frac{1}{4}$  turn to the left on right foot and shift weight to left foot

## ROCKING CHAIR, TOUCH, CAUSE, UNWIND, HOLD & CLAP

- 33-34      Step forward on right foot, rock back onto left foot
- 35-36      Step back on right foot, rock forward onto left foot
- 37-38      Touch right foot to the right, cross right foot over left
- 39-40      Unwind  $\frac{1}{2}$  turn to the left, hold and clap hands

## HIP BUMPS

- 41-42      Bump hips to the right twice
- 43-44      Bump hips to the left twice
- 45-46      Bump hips to the right, bump hips to the left
- 47-48      Repeat beats 45 and 46

## REPEAT

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