

Unchained

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Count: 64 **Wall:** 2 **Level:** Easy Intermediate

Choreographer: Jan Wyllie , Hervey Bay, Qld., Australia (March 2010)

Music: Take These Chains From My Heart by Leroy Parnell (144bpm)

Start on vocals on the word 'chains'

1/4 Turn Hold, Step Pivot 1/2, 1/4 Turn Hold, Sway Hips Right Left

- 1,2 Making 1/4 right step fwd on R, Hold
3,4 Step fwd on L, Pivot 1/2 right transferring wt to R
5,6 Step fwd on L making 1/4 right, Hold
7,8 Sway hips right, left

Cross Rock Replace, Side Hold, Cross Rock Replace, 1/4 Shuffle

- 9,10,11,12 Cross/rock R over L, Rock/replace wt on L, Step R to right, Hold
13,14 Cross/rock L over R, Rock/replace wt on R
15&16 Making 1/4 left shuffle fwd L,R,L

Rock Fwd Back, Rock Back Fwd, 1/2 Shuffle, Rock Back Fwd

- 17,18,19,20 Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L
21&22 Shuffle fwd R,L,R making 1/2 turn left
23,24 Rock/step back on L, Rock fwd on R

Step Hold, Rock Fwd Back, Back Touch, Side Touch

- 25,26 Step fwd on L, Hold
27,28 Rock/step fwd on R, Rock back on L
29,30,31,32 Step back on R, Touch L beside R, Step L to left, Touch R beside L

Vine Right Touch, Side Behind, 1/4 Fwd Touch

- 33,34,35,36 Step R to right, Step L behind R, Step R to right, Touch L beside R
37,38,39,40 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Touch R beside L

Vine Right Touch, Side Behind, 1/4 Fwd Touch

- 41,42,43,44 Step R to right, Step L behind R, Step R to right, Touch L beside R

45,46,47,48 Step L to left, Step R behind L, Making 1/4 left step fwd on L, Touch R beside L

Side Together, Back Touch, Side Together, 1/4 Fwd Touch

49,50,51,52 Step R to right, Step L beside R, Step back on R, Touch L beside R

53,54,55,56 Step L to left, Step R beside L, Making 1/4 left step fwd on L, Touch R beside L

Side Touch, Side Touch, &Elvis Knee Hold, &Elvis Knee Hold

57,58,59,60 Step R to right, Touch L beside R, Step L to left, Touch R beside L

&61,62 Step R slightly right while turning L knee in, Hold

&63,64 Step L slightly left while turning R knee in, Hold

I have written to this song in the past, 2006 I think it was.

But this dance is for Sylvia from Holland who sent me the song this week.

It's always MY pleasure to write for other people's pleasure, in fact,

I get a real buzz out of it, so I hope you like the dance Sylvia.

It's not a hard dance at all but the Elvis knees at the end might take

a bit of mastering Just a bit more practice, that's all it takes! (-:

See you on the floor sometime.... Jan

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