

# Unchain My Feet

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**Count:** 48

**Wall:** 2

**Level:** Intermediate ECS

**Choreographer:** Celeste Sali, Jan. 2016

**Music:** Unchain My Feet - Roger Gabriel - iTunes

## Start on the Lyrics...

### **S1: LEFT SIDE SHUFFLE, RIGHT ROCK STEP, RIGHT KICK BALL CHANGE, STEP FORWARD RIGHT, 1/4 PIVOT LEFT (WEIGHT LEFT)**

- 1&2** Step left to left sides, close right beside left, step left to left side
- 3-4** Rock back on right, replace weight forward onto left
- 5&6** Kick right forward, step right together, step left in place
- 7-8** Step right foot forward, pivot 1/4 turn left onto left Weight left (9:00)

### **S2: STEP RIGHT FORWARD, HOLD, 1/4 TURN LEFT ON LEFT, HOLD, SKATE FORWARD RIGHT, LEFT, RIGHT, LEFT**

- 1-2** Step forward on right, Hold
- 3-4** Pivot 1/4 turn left onto left, Hold (6:00)
- 5-6** Stepping forward on right swivel to the right (about 7:00), stepping forward on left swivel to the left (about 5:00)
- 7-8** Stepping forward on right swivel to the right (about 7:00), stepping forward on left swivel to the left (about 5:00)

### **Variation: Instead of Skate R, L, R, L, forward... Boogie Walk forward R, L, R, L.**

### **S3: RIGHT HEEL FORWARD, TOE BACK, HEEL FORWARD, HOOK, RIGHT SHUFFLE FORWARD, TOUCH LEFT TOE SLIGHTLY FORWARD HEEL OFF THE FLOOR**

- 1-4** Tap right heel forward, touch right toe back, tap right heel forward, hook right heel to left shin.
- 5&6** Shuffle forward right, close left beside right, step forward right
- 7-8** Touch left toe beside right, Hold

### **S4: POINT, CROSS, POINT, MONTEREY 1/2 TURN RIGHT, POINT, CROSS, POINT, Hold**

- 1-3** Point left toe to left side, cross/step left over front of right, Point right toe to right

**4-8** Monterey Turn: Pivot ½ turn to right on left stepping right next to left, Point left to left, cross/step left over front of right, Point right toe to right, Hold. (12:00)

### **S5: JAZZ BOX 1/4 TURN, RIGHT SIDE SHUFFLE, LEFT ROCK STEP**

**1-2** Cross the right over the left, 1/4 turn right step back on the left (3:00)

**3-4** Step right to right side, cross left over right

**5&6** Step right to right side, close left beside right, step right to right side

**7-8** Rock back on left, rock forward onto left

### **S6: LEFT SIDE SHUFFLE 1/4 TURN RIGHT, RIGHT ROCK STEP, RIGHT HEEL, HOLD, LEFT HEEL HOLD**

**1&2-4** Step left to left side, step right together, turn ¼ right & step left back, rock right back, step left forward (6:00)

**5-6** Tap Right heel forward, Hold

**&7-8** Step right beside left (&), tap left heel forward, Hold

### **REPEAT**

### **TAG: ON 8th rotation, after the first 16 counts... Add these 16 Counts**

**1-8** Step forward Right, Hold (3 counts), Step forward Left, Hold (3 counts)

### **[1-8] Apple Jacks pattern:**

**1&** Swivel left heel and right toe to the Right, swivel back to centre

**2&** Swivel left toe and right heel to the Left, swivel back to centre

**3&** Swivel left heel and right toe to the Right, swivel back to centre

**4&** Swivel left toe and right heel to the Left, swivel back to centre

**5-8** Repeat 1-4 (END WEIGHTED ON LEFT FOOT!)\* \*\*

**\*\*\* RESUME DANCE on PHASE 3... 1-4 Tap right heel forward, touch toe back, Tap right... Etc.**

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