Unchain My Feet
Choreographed by Celeste Sali
Description: 48 count, 2 wall, beginner/intermediate east coast swing line dance
Music: Unchain My Feet by Roger Gabriel

LEFT SIDE SHUFFLE, RIGHT ROCK STEP, RIGHT KICK BALL CHANGE, STEP FORWARD RIGHT, ¼ PIVOT LEFT (WEIGHT LEFT)
1&2  Step left to side, step right together, step left to side
3-4  Rock right back, recover left forward
5&6  Kick right forward, step right together, step left in place
7-8  Step right forward, turn ¼ left (weight to left, 9:00)

STEP RIGHT FORWARD, HOLD, ¼ TURN LEFT ON LEFT, HOLD, SKATE FORWARD
1-2  Step right forward, hold
3-4  Turn ¼ left (weight to left), hold (6:00)
5-6  Stepping right forward swivel to the right (about 7:00), stepping left forward swivel to the left (about 5:00)
7-8  Stepping right forward swivel to the right (about 7:00), stepping left forward swivel to the left (about 5:00)
Variation: instead of skates, try boogie walk forward right, left, right, left
*Resume dance here on count 17 after completing the tag

RIGHT HEEL FORWARD, TOE BACK, HEEL FORWARD, HOOK, RIGHT SHUFFLE FORWARD, TOUCH
1-4  Touch right heel forward, touch right toe back, touch right heel forward, hook right heel to left shin
5&6  Shuffle forward right, step left together, step forward right
7-8  Touch left toe beside right, hold

POINT, CROSS, POINT, MONTEREY ½ TURN RIGHT, POINT, CROSS, POINT, HOLD
1-3  Point left toe to side, cross left over right, point right toe to side
4-8  Turn ½ right and step right together, point left to side, cross left over right, point right toe to side, hold (12:00)

JAZZ BOX ¼ TURN, RIGHT SIDE SHUFFLE, LEFT ROCK STEP
1-2  Cross right over left, turn ¼ right and step left back (3:00)
3-4  Step right to side, cross left over right
5&6  Step right to side, step left together, step right to side
7-8  Rock left back, rock left forward

LEFT SIDE SHUFFLE ¼ TURN RIGHT, RIGHT ROCK STEP, RIGHT HEEL, HOLD, LEFT HEEL HOLD
1&2-4 Step left to side, step right together, turn ¼ right and step left back, rock right back, recover to left (6:00)
5-6  Touch right heel forward, hold
&7-8  Step right beside left, touch left heel forward, hold

REPEAT

Tag
On 8th rotation, after the first 16 counts, music breaks, add these 16 counts

1-4  Step/stomp forward right, hold (3 counts)
5-8  Step/stomp left together, hold (3 counts)
(APPLE JACK PATTERN)
1&  Swivel left heel and right toe to the right, swivel back to center
2&  Swivel left toe and right heel to the left, swivel back to center
3-8  &Repeat 1&2& three more times
End weighted on left
Beginner's can use easier options such as toe fans
Resume dance at count 17

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