



# 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