UNCHAINED FOXTROT

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RF: Roper 231-B "Unchained" (Flip "The Waltz You Saved For Me")

PHASE: VI (Dances Like a V)  FOOTWORK: Described for man - woman opposite (or as noted)

INTRO

1-4 WAIT; WAIT; SLOW CONTRA CHECK; FEATHER FINISH:
1-2 - Wait 2 measures in CP DW;
SS 3 - Slowly lower on R fwd L no wgt w R shldr lead, transfer wgt to L staying down & look at W (start transfer of wgt to R keeping heel off floor comm stretching up & out with upper bdy & head as you look well to left);
SQQ 4 - Bk R tm LF, sd & fwd L, fwd R to CBJO DC;

PART A

1-4 REVERSE TURN CHECK; LADY THRU FAN TWICE; BACK WHISK;
SQQ 1 - Fwd L to CP DC comm LF tm, sd R cont tm (cl heel tm), bk L LOD in CP;
SQQ 2 - Bk R comm LF tm, sd & fwd L DW, ck fwd R (ck bk L toe) to CBJO DW;
SS 3 - Bk L leaving R f wd (fwd R swvl RF) to SCP DW, ck fwd R (fwd L swvl LF) to CBJO DW;
SQQ 4 - Bk L, bk & slightly sd R, XLIB of R (fwd R comm RF tm, sd L cont tm, XRB of L cont tm) to SCP DW;

5-8 QUICK LEFT WHISK; LADY RUNAROUND 6; * ROYAL SPIN; HALF NATURAL TURN:
QQS 5 - Thru R, sd & slightly fwd L comm LF bdy tm, XRB of L flat ft cont slight body tm & keep head to L (thru L comm LF tm, sd & slightly fwd R cont tm, XLIB of R cont tm & look to L) to RSCP DW,;
Q&Q 6 - Strong push with L ft to comm RF spn on ball of R, keeping L ft next to R & slightly bk no wgt cont spn, cont spn
Q Q (fwd R amd M trng RF/fwd L, amd M on toes f wd RLL, R, L completing just over L full turn) to CBJO DW;
SS 7 - Bk L small seoing in comm RF tm, f wd R amd W cont RF tm, fwd L (fwd R amd M comm RF tm on ball of ft, curl L ft in small ronde action CW up, then down near R leg) to CBJO DW; * SEE NOTE ON PAGE 2. *
SQQ 8 - Fwd R comm RF tm, sd L cont tm (cl heel tm), bk R in CP f cg RLOD;

2 OUTSIDE CHANGE TO SEMI; FALLAWAY NATURAL WEAVE; FWD & RIGHT LUNGE;
SQQ 9 - Bk L, bk R trng LF, sd & fwd L to SCP DW;
SQQ 10 - Fwd R comm RF tm, sd L DW cont tm, bk R in faivy pos DW (fwd L, fwd R on toe between M's feet comm RF tm, bk L);
QQQQ 11 - Bk L still in faivy pos, bk R trng LF (W trns on ball of R & then slips f wd L) to CP, sd & fwd L DW, fwd R to CBJO DW;
SS 12 - Fwd L to CP DW, with R shldr leading strong fwd & sd R between W's feet & relax R knee look at W (sd & slightly bk L),;

13-16 SHAPE TO X-LINE; WHISK & DELOPPE; LINK TO PROMENADE; SLOW SIDE LOCK;
SS 13 - Very slightly rise to collect W leaving L ft insd edge of toe pnting sd & bk COH (slightly rise & then immediately slide R ft insd edge of toe to pt sd & bk DW), as you trn tm heads dir of pntng ft but looking up with sway in same dir to tight SCP DC,;
SQQ 14 - Rise slightly & with L sway XLIB of R well under bdy part wgt, taking full wgt on L chg sway to R look at W (rise XRB of L well under bdy with slight R sway, swvl LF on R to CBJO bring L ft up R leg to outs of R knee, & extend L ft f wd);
SQQ 15 - Fwd R, rise to toets tch L to R no sway, sd & fwd L (bk L trng RF, rise to toets tch R to L, sd & fwd R) to SCP DC;
SQQ 16 - Thru R, sd & fwd L to CP, lk RIB of L (thru L comm LF tm, sd & bk R cont tm to CP, lk LIF of R) to CP DC;

PART B

1-4 1/4 DIAMOND TURN; QUICK HINGE; REC DRAW CLOSE PREP; SAME FOOT LUNGE;
SQQ 1 - Fwd L comm LF tm, cont tm sd & bk R DW, bk L to CBJO DRC;
QQS 2 - Bk R comm LF tm, sd & slightly fwd L DW (sd R trng LF to CP), relax L knee with R swy look at W bdy facing DRW (XLIB of R leaving R ft pointing DRC look well to L keeping shldr parallel),;
SS 3 - Rec on R, draw L, ft to R ft and cl L to fc DRW (rec on R trng RF, draw L, ft to R ft cont tm cl L fc; LOD at angle with man),;
SS 4 - Relax L knee with R shldr leading slide insd edge of R ft long step sd & slightly fwd leaving L leg ext, roll wgt on to R ft relax L knee upper bdy straight no sway look at W & hold (relax L knee bk R well under bdy keeping heel off floor like a contra check, tm head to L & comm stretching up & out with upper bdy & head well to L),;

5-8 REC DRAW TRANSITION; PROMENADE SWAY; OVERSWAY; FALLAWAY RONDE & SLIP;
5 - Rec on L, draw R ft to L trng bdy LF and cl R to CP WALL (rec on L trng LF, draw R ft to L ft cont tm & tch R no wgt),
SS 6 - Sd & fwd L trng to SCP LOD, stretch body upward to look over joined lead hands,;
SS 7 - Relax L knee keeping R leg extended, with slight LF tm stretch L sd of bdy & look at W (look well to L),;
SQQ 8 - Sd R as you ronde L, ft Ccw & XIB no wgt, bk L & rise comm LF tm, cont tm slip small bk R keeping L leg extended fw (sd L as you ronde R ft Ccw & XIB no wgt, bk R comm LF tm on ball of R, cont tm slip fwd L outs M's R ft) to CP DC;
PART C

1 - 4 TELEMARK TO BANDIQ: NATURAL WEAVE; REVERSE WAVE;
SQQ 1 - Fwd L DC comm LF tm-, sd R cont LF tm (cl heel tm), sd & fwd L (sd & bk R) to CBJO DW;
SQQ 2 - Fwd R comm RF tm-, sd L cont tm (cl heel tm), with R shldr leading bk R;
QQQ 3 - Bk L in CBJO DRW, bk R comm LF tm to CP, sd & fwd L DW, fwd R to CBJO DW;
SQQ 4 - Fwd L to CP DW comm LF tm-, sd R cont tm (cl heel tm), bk L to CP DRC;

5 - 8 (CONT) REVERSE WAVE: BACK FEATHER: CHECK & WEAVE;
SQQ 5 - Bk R comm LF tm-, bk L cont tm to CP RLOD, bk R;
SQQ 6 - Bk L-, with R shldr leading bk R, bk L to CBJO DRC;
SQQ 7 - Ck bk R to CP DRC, rec fwd L comm LF tm, with R shldr leading sd & bk R cont tm;
QQQ 8 - Bk L in CBJO DRW, bk R comm LF tm to CP, sd & fwd L DW, fwd R to CBJO DW;

9 - 12 WHISK; FEATHER; REVERSE TURN HALF; HOVER CORTE;
SQQ 9 - Fwd L to CP DW, sd & slightly fwd R, XLIB of R (bk R, sd & bk L comm slight RF tm, XRIB of L) to SCP DC;
SQQ 10 - Fwd R, with L shldr leading fwd L, fwd R in CBJO DC (fwd L comm LF tm-, cont tm sd & bk R, bk L);
SQQ 11 - Fwd L to CP DC comm LF tm-, sd R cont tm (cl heel tm), bk L LOD in CP;
SQQ 12 - Bk R comm LF tm-, sd & fwd L cont bdy tm rising to ball of ft (brush L to R), rec sd & bk R in CBJO LOD;

13 - 16 OUTSIDE SWIVEL; QUICK OPEN REVERSE; FEATHER FINISH; CHANGE OF DIRECTION;
SS 13 - Bk L-, slightly XLIB of L, no wgt tmg bdy slightly RF tm W (fwd R-, swvl RF on ball of R ft) to SCP LOD,;:
SQQ 14 - Fwd R-, fwd L comm LF tm to CP/cont tm sd & bk R, bk L (fwd L comm LF tm, sd & bk R cont tm/cont tm sd & fwd L, fwd R) to CBJO RLOD; NOTE: May be danced as 4 quick (QQQ):
SQQ 15 - Bk R to CP comm LF tm-, sd & fwd L DW, fwd R to CBJO DW;
SS 16 - Fwd L to CP DW comm LF bdy tm-, with R shldr leading fwd R toe tgt to LOD cont tm draw L to R tch to CP DC,;

INTERLUDE

1 - 2 OPEN REVERSE TURN; RISING LOCK;
SQQ 1 - Fwd L comm LF tm-, sd R cont tm, bk L to CBJO RLOD;
SQQ 2 - Bk R to CP comm LF tm-, small sd & fwd L cont tm rising, bk RIB of L cont tm to CP DC;

ENDING

1 - 2 DOUBLE REVERSE SPIN LADY TOUCH; OPPOSITION POINTS.
QQQ 1 - Fwd L comm LF tm, sd & fwd R adm W comm LF spin (cl heel tm), cont spin LF on ball of R ft, bringing ball of L ft beside R no wgt (sd & slightly fwd adm M cont tm, cont slight LF body tm tch L to R) to CP LOD;
Q 2 - Both lower on R with L extended COH (WALL), sway upper bdy away from ptr & twd ptr ft,

* OUTSIDE SPIN may be substituted for meas 7 Part A (Royal Spin) in which case M's last step will be sd & bk L to CP DW (W's 2nd & 3rd steps will be cl L on toes still tmg RF, fwd R between M's feet).