UNCHAINED

BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-759-8313

MUSIC: “Unchained Melody” CD: Dancelife/Bring A Smile To Your Feet - Track #4


E-MAIL: cworlock@tampabay.rr.com  WEB SITE: stardustdancecenter.com

RHYTHM: Waltz  PHASE: VI  FOOTWORK: Described for M - W opposite (or as noted)

INTRO

1 - 4 WAIT (WAIT UP); TOGETHER LADY WRAP & CLOSE; SIDE LADY ROLL OUT 3 TO OPEN;
SLOW CROSS CHECK & EXTEND;

1- 1 - In low double, hold M facing WALL lead foot free pointed back for both & looking down, look up at ptr.;
1- 2 - Sd & fwd L, leading W to wrap slightly to your R sd, shape to look R twd W (fwd R trng ½ LF, cl L to R, shape to
look L twd M) to WRAP POS FACING WALL;
1- 3 - Sd R using joined trailing hands to lead W to roll out RF twd R LOD, hold, (comm RF roll fwd R twd R LOD, fwd L
cont RF roll, complete 1 full RF roll sd R) to OPEN POS FACING WALL;
1- 4 - XLIF of R w/flexed knee twd DRW, hold rest of measure as you extend lead arms, out to side;

5 - 8 HOVER BRUSH LADY SPIN SPIN L IN 5 TO BJO; MANEUVER; OVERSPIN TURN; BOX FINISH;

1-3 5 - Rec R, rise & brush L to R collecting W, sd & fwd L (rec R trng LF/sd & fwd L, fwd R trng LF/fwd L
connecting w/ptr cont slight LF trn, sd & bk R) to CBJO DLW;
(1&23) 6 - Fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, cont slight RF trn cl R to L to CP RLOD;
7 - Bk L LOD toe trnd in pivot ½ RF, fwd R heel lead LOD between W's feet rise cont RF trn, sd & bk L to CP DRW;
8 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP DLW;

PART A

1- 4 CHANGE OF DIRECTION; TELESPIN TO SEMI;; CURVED FEATHER & CHECK;

12- 1 - Fwd L, fwd R toe pointing LOD comm LF trn, cont LF trn touch L to R to CP DLC;
12- 2 - Fwd L comm LF trn, fwd & sd R past ptr cont LF trn (cl L heel turn), sd & slightly bk L LOD partial wgt to
face DRW (fwd R LOD head to L);
123 3 - Cont LF trn thru hip & upper body to lead W fwd/transfer full wgt fwd L cont LF trn to CP, fwd & sd R past ptr
cont LF trn, sd & fwd L (fwd LF heel lead moving around the M on his L side/fwd & sd R trng LF square to M
at end of step, cl L to R toe trn, sd & fwd R) to SCP DLW;
(1&123) 4 - Thru R comm RF trn, fwd L twd WALL, cont RF trn fwd r outsd ptr (thru L, sd & fwd R, bk L) to BJO DRW;

5 - 8 BACK PREP LADY CARESS; OPEN SAME FOOT LUNGE; RECOVER SWIVEL LADY TO;
SLOW OPEN HINGE LINE;

1- 5 - Trng RF bk L LOD/swvl 1/4 RF on L and tch R to L releasing lead hand hold (fwd R outsd ptr/swvl 3/8 RF on R
L to R releasing joined lead hands, caress M's face w/R hand) to prep pos M icing COH;
1- 6 - Lower on L with slight L sway/reach sd R toe pting DRC/w/soft knee stretch upward leading from L hip
trng slightly RF stretching R sd to open L & keep W's head to R (XRB of L well underneath body) lead arms
extended out at sides;
1- 7 - Rec L, trng W LF placing lead hand around W's R shoulder blade to cuddle CP DRC, slowly comm to relax L
knee (rec L, swvl ¼ LF on L, place R hand on M's L shoulder);
--- 8 - Cont to relax L knee & extend the line through meas w/slight sway R as you both extend L arms out to sd looking
twd and over W (head now well to L);

9-12 LADY HOVER ACROSS TO SEMI; VIENNESE CROSS; OPEN FINISH; WHISK;

9 9 - Rise on L out of hinge comm RF trn leading W to rec fwd, cont RF trn sd & fwd R between W's feet rising & trng
(123) W to CP DLW re-joining lead hands, cont slight RF trn sd & fwd L (fwd R comm RF trn sd L hovering cont RF trn,
slight RF trn sd & fwd R) to SCP DLW;
123 10 - Thru R, fwd L comm LF trn, fwd & sd R cont LF trn w/R sd stretch keeping W's head R/trng LF XLIF of R (cl R);
11 - Bk R comm LF trn, sd & fwd L toe pting DLW, fwd R outsd ptr to BJO DLW;
12 - Fwd L blending to CP, sd & fwd R leading W to whisk, XLIF of R to SCP LOD;

13-16 SWIVEL LADY TO DEVELOPE; * FWD LINK TO SEMI (DLC) WEAVE 6; TO SEMI;

13 13 - Lead W to trn L to CBJO, slight LF upper body trn, and sway slightly to R to look twd but over W (swvl LF on R
 to fc DRC/raise L knee toe pting down to floor, extend L leg to kick fwd outsd ptr DRC, & lower L) to CBJO DLW;
1-3 14 - Fwd R outsd ptr, rise slightly trng RF to CP DLW, sd & fwd L to SCP DLC; * NOTE: 2nd time LINK TO SEMI LOD;
15 - Thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to CBJO DRC;
16 - Bk L (fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to SCP DLW;
PART B

1 - 4 **RUNNING FEATHER TO SEMI; OPEN NATURAL; OUTSIDE SPIN TO A; R TURNING LK (SEMI);**

1-3 1 - Thru R/fwd L stay low lead W to trn LF, fwd R outsd ptr rising to toe trng W bk RF, sd & fwd L to SCP DLW;

2 - Fwd R comm RF trn, sd L cont RF trn, cont RF trn sd & bk R (fwd L, fwd R between M’s feet, sd & fwd L) to CBJO DRC;

3 - Using strong RF rotation small bk L toe turned in, fwd R around W heel lead rising to toe cont RF trn, cont slight RF trn bk & slightly sd L (fwd R around M, cl L to R for toe spin, fwd R between M’s feet) to CP RLOD;

1&3 4 - Bk R LOD with R shoulder leading/XLIF of R cont RF trn to fc almost COH, still trng RF sd & slightly fwd R between W’s feet rise to CP trng RF, sd & fwd L to SCP DLC;

5 - 8 **QUICK OPEN REVERSE; BACK TURN LEFT CHASSE TO BJO; MANEUVER; HESITATION CHG;**

12&3 5 - Thru R, fwd L trng LF to CP/cont LF trn sd & bk R w/R side stretch to keep W’s head to R, bk L to BJO DRC;

12&3 6 - Bk R comm LF trn, sd & fwd L cont LF trn pointing L toe DLW/cl R to L, sd & slightly fwd L to CBJO DLW;

7 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;

12 8 - Bk L comm RF trn, cont RF trn sd & fwd R toe pointing DLC, draw L to R to end CP DLC;

PART C

1 - 4 **DOUBLE REVERSE TO; SPLIT RONDE (DRW); CONTRA CHECK RECOVER POINT; CONTRA CHECK RECOVER TO SEMI LOD;**

(12&3) 1 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R (bk R comm LF trn, cl L to R heel turn, cont LF trn sd & slightly bk R/XLIF of R/small bk & sd R) to CP DLC;

-3 2 - Lower strongly into R knee & push L fwd on floor w/1/8 LF body rotation ronde CCW in ½ circle, XLIF of R & rise rotating LF releasing R knee from ptr, cont LF trn bk slip R past L foot (XLIF of R rotating LF/cont LF trn sd R, cont LF trn slip fwd L) to CP DRW;

12 3 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading looking toward but over W (head well to L) rec bk R, point L bk & as you sway slightly L;

4 - Lower keeping hips up to ptr fwd L in contra body movement w/R sd leading looking toward but over W (head well to L) rec bk R trng slightly LF, sd & fwd L to SCP LOD;

5 - 8 **THRU CHASSE LADY SYNC INSIDE TURN TO; EXPLODE APART; TOGETHER LINK TO SEMI LOD; THRU RIPPLE CHASSE;**

12&3 5 - Thru R, leading W to twirl LF sd & fwd L/cl R to L, small sd & fwd L (thru L comm LF trn, fwd R cont LF trn/fwd L cont LF trn, fwd R cont LF trn) W now down LOD past M;

1-3 6 - Sd lunge apt R as you sweep trailing arm up & out over measure (sd lunge apt L as you sweep trailing arm up & out) to end LEFT OPEN FCING WALL but looking twd ptr;

7 - Sd L, cl R to L collect W to CP WALL, sd & fwd L (trng RF fwd R twd M, cl L to R, sd & fwd R) to SCP LOD;

12&3 8 - Thru R, stretch L sd to briefly look twd but over W (head to L) sd & fwd L/cl R to L, correct sway sd & fwd L still in SCP LOD;

9-12 **RUNNING OPEN NAT; BACK TURN L CHASSE TO SEMI; CHAIR REC POINT; CHAIR & SLIP;**

12&3 9 - Fwd R comm RF trn, fwd & sd L cont RF trn/cont RF trn sd & bk R, bk L (fwd L, fwd R between M’s feet/sd & fwd L, fwd R) to CBJO DRC;

12&3 10 - Bk R comm LF trn, sd & fwd L cont LF trn pointing L toe DLW/cl R to L, sd & slightly fwd L to SCP LOD;

12- 11 - Lower in L knee lunge fwd R w/fwd poise, rec L rise thru body, point R ft bk w/slight sway twd RLOD;

12 - Lower in L knee lunge fwd R w/fwd poise, rec L comm LF trn rise thru body trg W square, bk R to CP DLC;

13-16 **1 LEFT TURN; BACK TO TUMBLE TURN; RISING LOCK; DOUBLE REVERSE (DLW);**

12&3 13 - Fwd L comm LF trn, fwd & sd R cont LF trn, cl L to R to CP RLOD;

12&3 14 - Bk R comm LF trn/sd & bk L toe pointing toward LOD cont LF trn, fwd R LOD outsd ptr rising to toe stretching R sd & trng LF, small fwd L toe pointing DRC softening L knee (fwd L comm LF trn/sd & fwd R, bk L LOD rising to toe stretching L sd & trng LF, bk R head to R) to CP DRC;

15 - Bk R comm LF, cont LF trn bk & sd L, cont LF trn XRIB of L to CP DLW;

12- 16 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R (bk R comm LF trn, cl L to R heel turn, cont LF trn sd & slightly bk R/XLIF of R) to CP DLW;
PART D

1 - 4  **FWD HOVER TO BJO; ROYAL SPIN TO; RUN AROUND 7; SWVL TO SAME FOOT LUNGE LINE;**

   - Fwd R, fwd L trng W to CP, sd & bk R (fwd L, fwd & sd R trng LF, sd & fwd L) to CBJO DLW;

   - Small step bk L toe to R heel trng RF, cont RF trn fwd R outsdt ptr, cont RF trn fwd L (strong step fwd R outside & around ptr, lifting L leg from hip first w/straight leg & then bending knee L ft curls in small CW ronde up, then down to touch L to R) completing 1 full RF trn to end CBJO DLW;

   - Keeping L sd leading run around W on toes fwd R foward L, fwd R foward R, foward R (keeping head to L stay in place keeping feet together weight mostly on R);  

   - **OPTION FOR WOMAN (LEFT EROS):** (swvling slightly RF on ball of R to mod SCP lift L ft back 18 inches from floor with L toe pointing downwards knees slightly apart with R side stretch poise well back and head to L);

   - Swvl R toe to point DRW as you swvl W RF to prep position, lower on R to extend the line, cont to lower allowing L ft to slide sd & slightly bk to LOD looking twd but over W (swvl RF on R to prep pos head to R fcing DLC allow L ft to lower out of eros line & brush next to R, lower on R to extend the line, cont to lower allowing L ft to slide fwd to LOD head to R) now in Same Foot Lunge Line M FCING WALL;

5 - 8  **& TELESPIN ENDING TO BJO; MANEUVER; BK R TIPPLE CHASSE PIVOT; OVERSPIN TURN;**

   - Fwd LF sharply thru hip to lead W to rec and fold to CP LOD/fwd L comm LF trn, fwd & sd R cont LF trn, sd & slightly fwd L (rec L trng LF and fold to CP/bk R, cl L to R toe trn, sd & bk R) to CBJO DLW;

   - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;

   - Bk L comm RF trn, w/slight R sway cont RF trn sd R toe pointing DLC/cl L to R then lose sway, cont slight RF trn fwd R LOD between W's feet and pivot ½ RF to CP RLOD;

9 - 10  **BOX FINISH FACE WALL; SIDE LADY WRAP & CLOSE;**

   - Fwd R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP WALL;

   - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP WALL;

   - Sd L, leading W to wrap to your R sd, shape to look R twd W (sd R trng ½ LF, cl L to R, shape to look L twd M) to WRAP POS FCING WALL;

   - Sd L, leading W to wrap to your R sd, shape to look R twd W (sd R trng ½ LF, cl L to R, shape to look L twd M) to WRAP POS FCING WALL;

   - **ENDING**

5 - 8  **PIVOT TO SEMI; THRU DOUBLE SEMI CHASSE TO; THROWAWAY OVERSWAY; & EXTEND;**

   - Bk L pivot ½ RF, fwd R heel lead between W's feet cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD;

   - Thru R, sd & fwd L/cl R to L, sd & fwd L/cl R to L still SCP LOD;

   - Softening sd & fwd L, staying low in L knee using hips to trn W to CP LOD (softening sd & fwd R, swiveling LF to CP, allowing L foot to collect next to R foot);

   - Develop the throwaway oversway by trng slightly LF and extend line over measure by bringing R sd thru to W leaving R ft bk to RLOD (keeping L toe on floor extend L ft bk towards LOD trng head well to L);

   - **NOTE:** Timing on side of the measure is standard 123, unless noted, and refers to actual weight changes.