

Unchain Me

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Music: Capital F-3055 Unchained Melody by Les Baxter or Available from Choreographer

Release: October 2003

Rhythm: Foxtrot Phase: VI + 2 Unphased Fig (Back 3 Step, Reverse Outside Spin)

Speed: 54 RPM or as on Disk/CD

Sequence: **Intro, A, Int 1, B, Int 2, Ending**

Intro

1-4 Wait; Wait; Thru to a Throwaway Oversway & Hold;; Slow Recover to a Same Foot Lunge; Telespin Ending to Semi (LOD);

1-2 Wait;;

3-4 QQS [Thru to a Throwaway Oversway & Hold] thru R, side & fwd L relaxing l knee and allowing right to point side & back while keeping right side twd women looking at her,-; hold; (*thru L, side & fwd R turning L face while relaxing R knee and sliding L foot back under body past R foot to point back looking well to L keeping L side in twd man,-,;* Hold;)

5 S&S [Recover to a Same Foot Lunge] rise touch R to L,-, Side & Slightly fwd R looking R,-; (*rising swiveling L fc, close L to R, back R well under body turning to L looking well to L,-;*)

6 QQQQ [Telespin Ending to Semi] partial weight L turning body L fc, taking full weight to L spin L fc {no sway}, side R continue turn {no sway}, continue turn side & fwd L to semi-CP to DC; (*fwd L, R commence L fc toe spin, continue toe spin close L, fwd R to semi-CP DC;*)

Part A

1-8 Thru to a Jete Point; Fallaway Ronde & Slip; MiniTelespin;; Bk Three Step to Scar; Reverse Outside Spin; Impetus; Semi-Chasse;

1 S&S [Thru, Jete Point] thru R,-, slight side L to CP/ point R to rev,-; (*thru L,-, slight side R to CP/point L to rev,-;*)

2 SQQ [Fallaway Ronde & Slip] recover R, flare L ccw, crossing behind taking weight, back R to CP DLC; (*recover L, flaring R cw, crossing behind taking weight, turning L fc fwd L to CP;*)

3-4 SQQ& [Mini Telespin] fwd R commence to turn L,-, side R 3/8 turn, back & side L no weight but with light pressure keeping L side into woman/turn body L no weight to lead woman to CP commencing spin; fwd L continue spin L face on L drawing R to L under body, close R flexing knees, hold,-; (*back R commence to turn L,-, L foot closes to R heel turning -, fwd R keeping R side in twds man/fwd L turning L fc twd partner; fwd R to CP head to L, spinning L, drawing L to R under body, close L flexing knees, hold,-;*)

5 SQQ [Back Three Step to Scar] back L,-, back R, back L to scar position fc rev; (*fwd R between man's feet,-, fwd L between man's feet, fwd L outside the man to scar position;*)

6 SQQ [Reverse Outside Spin] toeing R foot to instep of L foot spin L fc,-, fwd L around lady, back R to CP DRC; (*commence body turn to L with R side lead staying well in man's R arm in CBMP outside partner heel toe,-, R foot closes to L foot on toe, continue turn fwd L between man's feet;*)

7 SQQ [Impetus] back L turning R fc,-, close R {heel turn} continue turn, fwd L to semi-position DLC; (commencing R face upper body turn fwd R, between man's feet heel to toe pivoting _ R fc,-, side & fwd L continue turn around man brush R to L, fwd R;)

8 SQ&Q [Chasse to Semi] fwd R,-, side L/close R, side L; (*fwd L,-, side R/close L, side R;*)

9-12 Thru to a Jete Point; Fallaway Ronde & Slip; MiniTelespin;; Bk Three Step; Box Finish (Wall); Contra Check & Hold; Rec, Challenge Line & Slip

9-12 Same as Measures 1 thru 4

13 SQQ [Back Three Step] back L,-, back R, back L to CP fc rev; (*fwd R,-, fwd L, fwd L maintaining CP;*)

14 SQQ [Box Finish] maintaining CP back R turning L fc,-, side L continue turning L fc, close R to L to fc wall; (*fwd L,-, side R, close L to R;*)

15 S- - [Contra Check & Hold] commencing upper body turn L fc flexing knees with a strong R side lead check fwd L in CBMP and hold,-,-,-; (*commence upper body turn to the L flexing knees with strong L side lead back R in CBMP looking well to L and hold,-,-,-;*)

16 SQQ [Rec, Challenge Line & Slip] rec back on R,-, side & fwd L with forceful stretching of R side of body upward into a high line attitude looking over lead hands, back R slight upper body rotation turning the woman to CP DLC; (*rec fwd on L,-, side & fwd R with forceful stretching of R side of body upward into a high line attitude looking over lead hands, turning L fc to CP fwd L;*)

Int 1

- 1-6 **Double Rev (Full); Double Rev (Wall); Slow Fwd, Slow Right Lunge & Hold; Slow Roll & Slip; Telespin to Semi::**
- 1 SQQ [Double Reverse (Full)] fwd L commence to turn L,-, side R turning L face, spin L face on ball of R bringing L under body beside R fc LOD; (*back R commence to turn L,-, L foot closes to R heel turn turning _/side and slightly back R continuing left turn, cross L in front of R;*)
- 2 SQQ [Double Reverse (Wall)] fwd L commence to turn L,-, side R turning L face, spin L fc on ball of R bringing L under body beside R to fc Wall; (*back R commence to turn L,-, L foot closes to R heel turn turning _/side and slightly back R continuing left turn, cross L in front of R;*)
- 3 SS [Fwd, Right Lunge] slow fwd L,-, slow side & fwd R,-; (*slow back R,-, slow side & back L,-;*)
- 4 S&S [Roll, & Slip] slowly roll upper body R fc,-, rec back on L/slip R past L,-; (*slowly roll upper body L fc,-, rec fwd on R/fwd L between man's feet,-;*)
- 5-6 SQQ [Telespin to Semi] fwd L commencing L fc turn {with R side stretch},-, fwd & side R continuing turn {continue R side stretch}, side & back L with partial weight keeping L side fwd twd women {continue R side stretch}/with partial weight commence L fc body turn; taking full weight to L spin L fc {no sway}, side R continue turn {no sway}, continue turn side & fwd L to semi closed to LOD; (*back R commencing L fc turn,-, bring L to R starting a heel turn and gradually change weight to L continuing turn, fwd R continue the turn/keeping R side in toward the man step fwd L; fwd R commence L fc toe spin, continue toe spin close L, fwd R to semi-closed position;*)
- NOTE: Music retards during measures 3 and 4**

Part B

- 1-8 **Feather; 3 Fallaways;; Slip to an Outside Check; Swivel Whisk; Chasse to Semi; Quick Open Telemark;**
- 1 SQQ [Feather] fwd R,-, fwd L, fwd R to CBMP {DLC}; (*thru L turning L fc twds partner,-, side & back R to CBMP, back L;*)
- 2-4 SQQ; [3 Fallaways] fwd L turning L {with R side stretch},-, side R {with R side stretch}, cross L in back of R to semi-closed position {with R side stretch}; back R turning L fc to CP {no sway},-, side & fwd {with L side SQQ stretch}, cross R well behind L to reverse semi-closed position {with L side stretch}; fwd L turning L {blending to R side stretch},-, side R {with R side stretch}, cross L in back of R to semi-closed position {with R side stretch}; (*back R turning L,-, side L, cross R in back of L to semi-closed position; turning L fwd L slipping to CP,-, side & slightly back R to reverse semi-closed position, cross L well behind R semi-closed position; back R turning L,-, side L, cross right in back of L to semi-closed position;*)
- 5 SQQ [Slip to an Outside Check] back R turning L fc,-, side & fwd L, check fwd R outside partner to CBMP; (*fwd L turning L fc,-, side & back R, check back L;*)
- 6 SQQ [Swivel Whisk] back L with R side lead commence to turn R fc allow R foot to move slightly leftwards across the front of the L without weight,-, continue R fc body turn with R side stretch leading woman outside partner, swivel slightly to R continue upper body turn to R with R side stretch in tight semi-closed position R foot remains fwd near L foot no weight; (*fwd R with L side lead commence to turn R,-, side L staying well into man's R arm 3/8 turn between 1 and 2, swivel slightly to the R with L side stretch R foot passes under the body past the L foot crossing in back of L in tight semi-closed position 1/8 turn between 2 and 3;*)
- 7 SQ&Q [Chasse to Semi] fwd R,-, side L/close R, side L; (*fwd L,-, side R/close L, side R;*)
- 8 Q&QS [Quick Open Telemark] fwd R leading the lady to CP, fwd L commence to turn L/side R continuing turn, side & slightly fwd L to end in tight semi-closed position LOD,-; (*fwd L turning R fc to CP, back R commencing to turn L fc bringing L beside R with no weight/turn L fc on R heel (heel turn) and change weight to L, step side & slightly fwd R to end in tight semi-closed position,-;*)
- 9-16 **Feather; 3 Fallaways;; Slip to an Outside Check; Tipple Chasse; Contra Check & Hold; Rec, Challenge Line & Slip;**
- 9-13 Same as Part B measures 1 thru 5
- 14 SQ&Q [Tipple Chasse] back L turning R,-, side R with slight L side stretch _ turn between 1 and 2/close L, side & slightly fwd R 1/8 turn between 3 and 4 ending DLW; (*fwd R turning R, side L with slight R side stretch _ turn between 1 and 2/close R, side & slightly back left 1/8 turn between 3 and 4;*)
- 15 S- [Contra Check & Hold] commencing upper body turn to the L flexing knees with a strong R side lead check fwd L in CBMP,-,-; (*commence upper body turn to L flexing knees with strong L side lead back R in CBMP looking well to L,-,-;*)
- 16 SQQ [Rec, Challenge Line & Slip] Same as Part A measure 16

Int 2

1-6 Double Rev (Full); Double Rev (Wall); Fwd, Right Lunge; Rec, Roll & Slip; Telespin to Banjo::

1-4 Same as Int 1 above

5-6 SQQ& [Telespin to Bjo] fwd L commencing L fc turn {with R side stretch},-, fwd & side R continuing turn
QQS {continue R side stretch}, side & back L with partial weight keeping L side fwd twd women {continue R side stretch}/with partial weight commence L fc body turn; taking full weight to L spin L fc {no sway}, side R continue turn{no sway}, continue turn side & fwd L to banjo position DLW,-; *(back R commencing L fc turn toe spin,-, bring L to R starting a heel turn and gradually change weight to L continuing turn, fwd R continue the turn/keeping R side in twd the man step forward L; fwd R commence L fc toe spin, continue toe spin close L, side & back R to banjo position,-;)*

Ending

1-6 Natural Telemark; Closed Telemark; Traveling Hover Cross:: Double Reverse (Wall); Hold, Contra Check & Extend;

1 SQQ [Natural Telemark] fwd R commence to turn R,-, side L with L side stretch _ turn, continue R fc turn side & fwd R small step _ turn ending in scar DLC; *(back L commence to turn R,-, R foot closes to L heel turn with R side stretch turning 3/8, staying well into man's R arm continue R turn side & slightly back L 3/8 turn;)*

2 SQQ [Closed Telemark] fwd L commencing to turn L,-, side R continue turn, side & slightly fwd L to end in bjo position DLW; *(back R commencing to turn L bringing L beside R with no weight,-, turn L fc on R heel{heel turn} & change weight to L, step side & slightly fwd R to end in banjo position;)*

3-4 SQQ [Traveling Hover Cross] Fwd R commence R fc turn,-, side & fwd L around woman, side & fwd R to face DLC
QQQQ in scar position; man fwd L across body in contra scar, fwd & side R blending to CP, fwd L blending to contra bjo, fwd R with L side stretch; *(back L commence a R fc turn,-, close R {heel turn} continuing turn, side L; bk R with L side stretch, back & side L blending to CP, back R blending to CBMB, back L;)*

5 SS [Double Reverse] same as Int 1 measure 2

6 -,S,-,-; [Hold, Contra Check] hold, commencing upper body turn to the L flexing knees with a strong R side lead check fwd L in CBMP; *(hold, commence upper body turn to the L flexing knees with strong L side lead back R in CBMP;)*

Intro

1-4 Wait, Wait, Thru to a Throwaway Oversway & Hold; Slow Recover to a Same Foot Lunge; Telespin Ending to Semi (LOD);

Part A

1-8 Thru to a Jete Point; Fallaway Ronde & Slip; MiniTelespin;; Bk Three Step to Scar; Rev Outside Spin; Impetus; Semi Chasse;

9-12 Thru to a Jete Point; Fallaway Ronde & Slip; MiniTelespin;; Back Three Step; Box Finish; Box Finish (wall); Contra Check & Hold; Rec, Challenge Line & Slip

Int

1-6 Double Rev (Full); Double Rev (Wall); Slow Fwd, Slow Right Lunge & Hold; Slow Roll, Rec, & Slip; Telespin to Semi;;

Part B

1-6 Feather; 3 Fallaways;;; Slip to an Outside Check; Swivel Whisk; Chasse to Semi; Quick Open Telemark;

9-16 Feather; 3 Fallaways;;; Slip to an Outside Check; Tipple Chasse; Contra Check & Hold; Challenge Line & Slip;

Int

1-6 Double Rev (Full); Double Rev (Wall); Fwd, Right Lunge; Rec, Roll, & Slip; Telespin to Banjo;;

Ending

1-6 Natural Telemark; Open Telemark; Traveling Hover Cross;; Double Reverse (Wall); Hold, Contra Check & Extend;

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Music: Available from Choreographer Release: April 2003
Rhythm: Waltz Phase: VI + 1(Reverse Outside Spin) Speed: As on Mini-Disk t
Sequence: Intro, A, Int, B, Int, Ending

ADD Timing Ending Positions

Intro

1-4 Wait, Wait, Thru to a Throwaway Oversway & Hold; Slow Recover to a Same Foot Lunge; Telespin Ending to Semi (LOD);

Part A

1-9 Thru to a Jete Point; Fallaway Ronde & Slip; MiniTelespin;; Bk Three Step to Scar; Rev Outside Spin; Impetus; Semi Chasse;

9-13 Thru to a Jete Point; Fallaway Ronde & Slip; MiniTelespin;; Back Three Step; Box Finish; Slow, Fwd, Contra Check & Hold; Rec, Challenge Line & Slip

Int

Double Rev (Full); Double Rev (Wall); Slow Fwd, Slow Right Lunge & Hold; Slow Roll, Rec, & Slip; Telespin to Semi;;

1-7

Part B

1-8 Feather; 3 Fallaways;; Slip to an Outside Check; Swivel Whisk; Chasse to Semi; Quick Open Telemark;

9-17 Feather; 3 Fallaways;; Slip to an Outside Check; Tipple Chasse; Contra Check & Hold; Challenge Line & Slip;

Int

1-6 Double Rev; Double Rev; Fwd, Right Lunge; Rec, Roll, & Slip; Telespin to Banjo;;

Ending

1-6 Natural Telemark; Open Telemark; Traveling Hover Cross;; Double Reverse & Hold; Contra Check & Extend;