

# UNCHAINED

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

**SEQUENCE:** Intro, A, B, C, A (1-14), D, Ending **SPEED:** 28 MPM **RELEASED:** March 2011

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

## INTRO

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

- 1 - In low double hand hold M FCING WALL lead foot free pointed bk 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 FCING WALL;
- (12-) 3 - Sd R using joined trailing hands to lead W to roll out RF twd RLOD, hold, (comm RF roll fwd R twd RLOD, fwd L cont RF roll, complete 1 full RF roll sd R) to OPEN POS FCING WALL;
- (123) 4 - XLIF of R w/flexed knee twd DRW, hold rest of measure as you extend lead arms, out to side;
- 1--

### **5 - 8 HOVER BRUSH LADY SYNC 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 L 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;
- (&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 fcng COH;
- (12-) 6 - Lower on L with slight L sway/reach sd R toe pting DLC w/soft knee stretch upward leading from L hip trng slightly RF stretching R sd to open head to L & keep W's head to R (XRIB 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;**

- 23 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 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 DLC;
- (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);
- 123& 11 - Bk R comm LF trn, sd & fwd L toe pointing DLW, fwd R outsd ptr to BJO DLW;
- 12 - Fwd L blending to CP, sd & fwd R leading W to whisk, XLIB of R to SCP LOD;

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

- 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:** 2<sup>nd</sup> 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&23 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&23 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- 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, (12&3&8) cont LF trn sd & slightly bk R/XLIF of R/small bk & sd R) to CP DLC;  
 -23 2 - Lower strongly into R knee & push L fwd on floor w/1/8 LF body rotation ronde CCW in 1/2 circle, XLIB of R & rise (-2&3) rotating LF releasing R knee from ptr, cont LF trn bk slip R past L foot (XLIB 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 & sd 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-- 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 trng W square, bk R to CP DLC;

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

- 13 - Fwd L comm LF trn, fwd & sd R cont LF trn, cl L to R to CP RLOD;  
 1&23 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 pting 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, (12&3) 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;**

- 1 - Fwd R, fwd L trng W to CP, sd & bk R (fwd L, fwd & sd R trng LF, sd & fwd L) to CBJO DLW;
- 123 2 - Small step bk L toe to R heel trng RF, cont RF trn fwd R outsd ptr, cont RF trn fwd L (strong step fwd R  
(1-- 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;
- &1&2&3& 3 - Keeping L sd leading run around W on toes fwd R/fwd L, fwd R/fwd L, fwd R/fwd L, fwd 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)
- 4 - 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;**

- 123 5 - Trn 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 &  
(&123) 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;
- 6 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
- 12&3 7 - 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  
RF trn fwd R LOD between W's feet and pivot ½ RF to CP RLOD;
- 8 - Bk L LOD toe turned in pivot ½ RF, fwd R heel lead LOD between W's feet rise cont RF trn, sd & bk L to CP  
DRW;

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

- 9 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP WALL;
- 1-- 10 - 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)  
(12-) to WRAP POS FCING WALL;

**ENDING****1 - 4 SIDE LADY ROLL OUT 3 TO OPEN; SLOW CROSS CHECK & EXTEND;  
HOVER BRUSH LADY SYNC SPIN L IN 5 TO BJO; MANEUVER;**

1-4 - Repeat Measures 3-6 of Intro;;;;

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

- 5 - 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;
- 12&3& 6 - Thru R, sd & fwd L/cl R to L, sd & fwd L/cl R to L still SCP LOD;
- 1-- 7 - 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);
- 8 - 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.