

UNCHAIN MY FEET

Choreographed by: Celeste Sali (Can) Sept 08
Music: **Unchain My Feet** by Roger Gabriel
Descriptions: 48 count - 2 wall - Intermediate level line dance

[Start on the Lyrics.](#)

1st place Choreography Winner at the Harvest Moon Dance Festival Sept. 2008

1-8 Left Side Shuffle, Right Rock Step, Right Kick Ball Change, Step Forward Right, 1/4 Pivot Left

1&2 Step left to left sides, close right beside left, step left to left side
3-4 Rock back on right, replace weight forward onto left
5&6 Kick right forward, step right together, step left in place
7-8 Step right foot forward, pivot 1/4 turn left onto left Weight left **(9:00)**

9-16 Step Ri Ght Forward, Hold, 1/4 Turn Left On Left, Hold, Skate Forward Right, Left, Right, Left

1-2 Step forward on right, Hold
3-4 Pivot 1/4 turn left onto left, Hold **(6:00)**
5-6 Stepping forward on right swivel to the right (7:00ish), stepping forward on left swivel to the left (5:00ish)
7-8 Stepping forward on right swivel to the right (7:00ish), stepping forward on left swivel to the left (5:00ish)

Variation: Instead of Skate R, L, R, L, forward. Boogie Walk forward R, L, R, L.

TAG: starts here on 8th wall (rotation).

17-24 Right Heel Forward, Toe Back, Heel Forward, Hook, Right Shuffle Forward, Touch Left Toe Slightly Forward Heel Off The Floor

1-4 Tap right heel forward, touch right toe back, tap right heel forward, hook right heel to left shin.
5&6 Shuffle forward right, close left beside right, step forward right
7-8 Touch left toe beside right, Hold

25-32 Point, Cross, Point, Monterey 1/2 Turn Right, Point, Cross, Point, Hold

1-3 Point left toe to left side, cross/step left over front of right, Point right toe to right
4-8 Monterey Turn: Pivot 1/2 turn to right on left stepping right next to left, Point left to left, cross/step left over front of right, Point right toe to right, Hold. **(12:00)**

33-40 Jazz Box 1/4 Turn, Right Side Shuffle, Left Rock Step

1-2 Cross the right over the left, 1/4 turn right step back on the left **(3:00)**
3-4 Step right to right side, cross left over right
5&6 Step right to right side, close left beside right, step right to right side
7-8 Rock back on left, replace weight forward onto right

41-48 Left Side Shuffle 1/4 Turn Right, Right Rock Step, Right Heel, Hold, Left Heel Hold

1&2-4 Step left to left side, step right together, turn 1/4 right step left back, rock right back, step left forward **(6:00)**
5-6 Tap Right heel forward, Hold,
&7-8 Step right beside left (&), tap left heel forward, Hold

REPEAT

TAG: ON 8th rotation, AFTER the FIRST 16 counts (Skate Forward), facing front wall (12:00). Add these 16 Counts

8 Count Stomp & Hold

1-4 Step/stomp forward Right, Hold for 3 counts,
5-8 Step/stomp forward Left, Hold for 3 counts.

8 Count Apple Jack Pattern:

1& Swivel left heel and right toe to the Right, swivel back to centre
2& Swivel left toe and right heel to the Left, swivel back to centre
3& Swivel left heel and right toe to the Right, swivel back to centre
4& Swivel left toe and right heel to the Left, swivel back to centre
5-8 Repeat 1-4 END WEIGHTED ON LEFT FOOT!

RESUME DANCE on step 1 of PHASE 3.

1-4 Tap right heel forward, touch toe back, Tap right. Etc.