



UNCHAIN MY FEET

Choreographed by: Celeste Sali
48 Count, 2 Wall, Beginner/Intermediate level line dance
Music: Unchain My Feet by Roger Gabriel
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LEFT SIDE SHUFFLE, RIGHT ROCK STEP, RIGHT KICK BALL CHANGE, STEP FORWARD RIGHT, ¼ PIVOT LEFT (WEIGHT LEFT)

- 1 & 2 Step left to side, step right together, step left to side
- 3 - 4 Rock right back, recover left forward
- 5 & 6 Kick right forward, step right together, step left in place
- 7 - 8 Step right forward, turn ¼ left (weight to left, 9:00)

STEP RIGHT FORWARD, HOLD, ¼ TURN LEFT ON LEFT, HOLD, SKATE FORWARD RIGHT, LEFT, RIGHT, LEFT

- 1 - 2 Step right forward, hold
- 3 - 4 Turn ¼ left (weight to left), hold (6:00)
- 5 - 6 Stepping right forward swivel to the right (about 7:00), stepping left forward swivel to the left (about 5:00)
- 7 - 8 Stepping right forward swivel to the right (about 7:00), stepping left forward swivel to the left (about 5:00)

Variation: instead of skates, try boogie walk forward right, left, right, left

RIGHT HEEL FORWARD, TOE BACK, HEEL FORWARD, HOOK, RIGHT SHUFFLE FORWARD, TOUCH LEFT TOE SLIGHTLY FORWARD HEEL OFF THE FLOOR

- 1 - 4 Touch right heel forward, touch right toe back, touch right heel forward, hook right heel to left shin
- 5 & 6 Shuffle forward right, step left together, step forward right
- 7 - 8 Touch left toe beside right, hold

POINT, CROSS, POINT, MONTEREY ½ TURN RIGHT, POINT, CROSS, POINT, HOLD

- 1 - 3 Point left toe to side, cross left over right, point right toe to side
- 4 - 8 Turn ½ right and step right together, point left to side, cross left over right, point right toe to side, hold (12:00)

JAZZ BOX ¼ TURN, RIGHT SIDE SHUFFLE, LEFT ROCK STEP

- 1 - 2 Cross right over left, turn ¼ right and step left back (3:00)
- 3 - 4 Step right to side, cross left over right
- 5 & 6 Step right to side, step left together, step right to side
- 7 - 8 Rock left back, rock left forward

LEFT SIDE SHUFFLE ¼ TURN RIGHT, RIGHT ROCK STEP, RIGHT HEEL, HOLD, LEFT HEEL HOLD

- 1 & 2 - 4 Step left to side, step right together, turn ¼ right and step left back, rock right back, recover to left (6:00)
- 5 - 6 Touch right heel forward, hold
- & 7 - 8 Step right beside left, touch left heel forward, hold

REPEAT

Tag

On 8th rotation, after the first 16 counts, music breaks, add these 16 counts

- 1 - 4 Step/stomp forward right, hold (3 counts)
- 5 - 8 Step/stomp forward left, hold (3 counts)

APPLE JACK PATTERN

- 1 & Swivel left heel and right toe to the right, swivel back to center
 - 2 & Swivel left toe and right heel to the left, swivel back to center
 - 3 - 8 & Repeat 1&2& three more times
- End weighted on left*

Beginner's can use easier options such as toe fans

Resume dance at count 17

(Originally taught by Elysium Dance Designs April 2009)

