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RECORD: Roper 231-B "Unchained" (Flip "The Waltz You Saved For Me")

SEQUENCE: Intro, A, B, C, B, Inter, A, Ending

RHYTHM: Foxtrot

SPEED: 44 rpm

PHASE: VI (Dances Like a V) FOOTWORK: Described for man - woman opposite (or as noted)

### INTRO

#### 1 - 4 WAIT; WAIT; SLOW CONTRA CHECK; FEATHER FINISH;

1-2 - Wait 2 measures in CP DW;;

- SS 3 - Slowly lower on R fwd L no wgt with R shldr lead,-, transfer wgt to L staying down & look at W (start transfer of wgt to R keeping heel off floor comm stretching up & out with upper bdy & head as you look well to left);-
- SQQ 4 - Bk R tm LF,-, sd & fwd L, fwd R to CBJO DC;

### PART A

#### 1 - 4 REVERSE TURN CHECK:: LADY THRU FAN TWICE; BACK WHISK;

- SQQ 1 - Fwd L to CP DC comm LF tm,-, sd R cont tm (cl heel tm), bk L LOD in CP;
- SQQ 2 - Bk R comm LF tm,-, sd & fwd L DW, ck fwd R (ck bk L toe) to CBJO DW;
- SS 3 - Bk L leaving R ft fwd (fwd R swvl RF) to SCP DW,-, ck fwd R (fwd L swvl LF) to CBJO DW,-;
- SQQ 4 - Bk L,-, bk & slightly sd R, XLIB of R (fwd R comm RF tm, sd L cont tm, XRIB of L cont tm) to SCP DW;

#### 5 - 8 QUICK LEFT WHISK; LADY RUNAROUND 6; \* ROYAL SPIN; HALF NATURAL TURN;

- QOS 5 - Thru R, sd & slightly fwd L comm LF bdy tm, XRIB of L flat ft cont slight body tm & keep head to L (thru L comm LF tm, sd & slightly fwd R cont tm, XLIB of R cont tm & look to L) to RSCP DRW,-;
- Q&Q& 6 - Strong push with L ft to comm RF spn on ball of R, keeping L ft next to R & slightly bk no wgt cont spn, cont spn, cont spn (fwd R arnd M trng RF/fwd L, arnd M on toes fwd R/L, R, L completing just over 1 full turn) to CBJO DW;
- SQQ 7 - Bk L small toeing in comm RF tm,-, fwd R arnd W cont RF tm, fwd L (fwd R arnd M comm RF tm on ball of ft,-, curl L ft in small ronde action CW up, then down near R leg) to CBJO DW; \* SEE NOTE ON PAGE 2. \*
- SQQ 8 - Fwd R comm RF tm,-, sd L cont tm (cl heel tm), bk R in CP fcg RLOD;

#### 2 OUTSIDE CHANGE TO SEMI; FALLAWAY NATURAL WEAVE:: FWD & RIGHT LUNGE;

- SQQ 9 - Bk L,-, bk R trng LF, sd & fwd L to SCP DW;
- SQQ 10 - Fwd R comm RF tm,-, sd L DW cont tm, bk R in falwy pos DRW (fwd L,-, fwd R on toe between M's feet comm RF tm, bk L);
- QOQQ 11 - Bk L still in falwy pos, bk R trng LF (W trns on ball of R & then slips fwd L) to CP, sd & fwd L DW, fwd R to CBJO DW;
- SS 12 - Fwd L to CP DW,-, with R shldr leading strong fwd & sd R between W's feet & relax R knee look at W (sd & slightly bk L);-

#### 13-16 SHAPE TO X-LINE; WHISK & DEVELOPE; LINK TO PROMENADE; SLOW SIDE LOCK;

- SS 13 - Very slightly rise to collect W leaving L ft insd edge of toe pting sd & bk COH (slightly rise & then immediately slide R ft insd edge of toe to pt sd & bk DW),-, as you strongly tm heads dir of pting ft but looking up with sway in same dir to tight SCP DC,-;
- SQQ 14 - Rise slightly & with L sway XLIB of R well under bdy part wgt,-, taking full wgt on L chg sway to R look at W (rise XRIB of L well under bdy with slight R sway,-, swvl LF on R to CBJO bring L ft up R leg to outsd of R knee, & extend L ft fwd);
- SQQ 15 - Fwd R,-, rise to toes tch L to R no sway, sd & fwd L (bk L trng RF,-, rise to toes tch R to L, sd & fwd R) to SCP DC;
- SQQ 16 - Thru R,-, sd & fwd L to CP, lk RIB of L (thru L comm LF tm,-, sd & bk R cont tm to CP, lk LIF of R) to CP DC;

### PART B

#### 1 - 4 1/4 DIAMOND TURN; QUICK HINGE; REC DRAW CLOSE PREP; SAME FOOT LUNGE;

- SQQ 1 - Fwd L comm LF tm,-, cont tm sd & bk R DW, bk L to CBJO DRC;
- QOS 2 - Bk R comm LF tm, sd & slightly fwd L DW (sd R trng LF to CP), relax L knee with R sway look at W bdy facing DRW (XLIB of R leaving R ft pointing DRC look well to L keeping shldrs parallel);-
- SS 3 - Rec on R,-, draw L ft to R ft and cl L to fc DRW (rec on R trng RF,-, draw L ft to R ft cont tm cl L fc LOD at angle with man);-
- SS 4 - Relax L knee with R shldr leading slide insd edge of R ft long step sd & slightly fwd leaving L leg ext,-, roll wgt on to R ft relax R knee upper bdy straight no sway look at W & hold (relax L knee bk R well under bdy keeping heel off floor like a contra check,-, tm head to L & comm stretching up & out with upper bdy & head well to L);-

#### 5 - 8 REC DRAW TRANSITION; PROMENADE SWAY; OVERSWAY; FALLAWAY RONDE & SLIP;

- SQQ 5 - Rec on L,-, draw R ft to L trng bdy LF and cl R to CP WALL (rec on L trng LF,-, draw R ft to L ft cont tm & tch R no wgt);-
- SS 6 - Sd & fwd L trng to SCP LOD,-, stretch body upward to look over joined lead hands,-;
- SS 7 - Relax L knee keeping R leg extended,-, with slight LF tm stretch L sd of bdy & look at W (look well to L);-
- SQQ 8 - Sd R as you ronde L ft CCW & XIB no wgt,-, bk L & rise comm LF tm, cont tm slip small bk R keeping L leg extended fwd (sd L as you ronde R ft CW & XIB no wgt,-, bk R comm LF tm on ball of R, cont tm slip fwd L outsd M's R ft) to CP DC;

**PART C****1 - 4 TELEMARK TO BANJO; NATURAL WEAVE;; REVERSE WAVE;**

- SQQ 1 - Fwd L DC comm LF tm,-, sd R cont LF tm (cl heel tm), sd & fwd L (sd & bk R) to CBJO DW;  
 SQQ 2 - Fwd R comm RF tm,-, sd L cont tm (cl heel tm), with R shldr leading bk R;  
 QQQQ 3 - Bk L in CBJO DRW, bk R comm LF tm to CP, sd & fwd L DW, fwd R to CBJO DW;  
 SQQ 4 - Fwd L to CP DW comm LF tm,-, sd R cont tm (cl heel tm), bk L to CP DRC;

**5 - 8 (CONT) REVERSE WAVE; BACK FEATHER; CHECK & WEAVE;;**

- SQQ 5 - Bk R comm LF tm,-, bk L cont tm to CP RLOD, bk R;  
 SQQ 6 - Bk L,-, with R shldr leading bk R, bk L to CBJO DRC;  
 SQQ 7 - Ck bk R to CP DRC,-, rec fwd L comm LF tm, with R shldr leading sd & bk R cont tm;  
 QQQQ 8 - Bk L in CBJO DRW, bk R comm LF tm to CP, sd & fwd L DW, fwd R to CBJO DW;

**9 - 12 WHISK; FEATHER; REVERSE TURN HALF; HOVER CORTE;**

- SQQ 9 - Fwd L to CP DW,-, sd & slightly fwd R, XLIB of R (bk R, sd & bk L comm slight RF tm, XRIB of L) to SCP DC;  
 SQQ 10 - Fwd R,-, with L shldr leading fwd L, fwd R in CBJO DC (fwd L comm LF tm,-, cont tm sd & bk R, bk L);  
 SQQ 11 - Fwd L to CP DC comm LF tm,-, sd R cont tm (cl heel tm), bk L LOD in CP;  
 SQQ 12 - Bk R comm LF tm,-, sd & fwd L cont bdy tm rising to ball of ft (brush L to R), rec sd & bk R in CBJO LOD;

**13-16 OUTSIDE SWIVEL; QUICK OPEN REVERSE; FEATHER FINISH; CHANGE OF DIRECTION;**

- SS 13 - Bk L,-, slightly XRIF of L no wgt trng body slightly RF twd W (fwd R,-, swvl RF on ball of R ft) to SCP LOD,-;  
 SQ&Q 14 - Fwd R,-, fwd L comm LF tm to CP/cont tm sd & bk R, bk L (fwd L comm LF tm, sd & bk R cont tm/cont tm sd & fwd L, fwd R) to CBJO RLOD; *NOTE: May be danced as 4 quick (QQQQ);*  
 SQQ 15 - Bk R to CP comm LF tm,-, sd & fwd L DW, fwd R to CBJO DW;  
 SS 16 - Fwd L to CP DW comm LF bdy tm,-, with R shldr leading fwd R toe ptg to LOD cont tm draw L to R tch to CP DC,-;

**INTERLUDE****1 - 2 OPEN REVERSE TURN; RISING LOCK;**

- SQQ 1 - Fwd L comm LF tm,-, sd R cont tm, bk L to CBJO RLOD;  
 SQQ 2 - Bk R to CP comm LF tm,-, small sd & fwd L cont tm rising, lk RIB of L cont tm to CP DC;

**ENDING****1 - 2 DOUBLE REVERSE SPIN LADY TOUCH; OPPOSITION POINTS.**

- QQQQ 1 - Fwd L comm LF tm, sd & fwd R arnd W comm LF spin (cl heel tm), cont spin LF on ball of R ft, bringing ball of L ft beside R no wgt (sd & slightly fwd arnd M cont tm, cont slight LF body tm tch L to R) to CP LOD;  
 Q 2 - Both lower on R with L extended COH (WALL) sway upper bdy away from ptr & twd ptd ft,

- \* **OUTSIDE SPIN** may be substituted for meas 7 Part A (Royal Spin) in which case M's last step will be sd & bk L to CP DW (W's 2nd & 3rd steps will be cl L on toes still trng RF, fwd R between M's feet).