

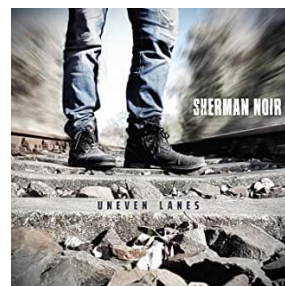
# Unchained Lizzy

Choreographer: Iris Wolff (Sept. 2021)

Description: 2 wall Phrased Improver line dance

Sequence: Part ABB, C, AB BB, B, BBB

Music: Unchained Lizzy – by Sherman Noir



*Start dance after the 16 drumbeats on the word „young“.*

## Part A = 36 counts

### A1: GRAPEVINE R /BRUSH, L FWD, R TOUCH BEHIND L, BACK, TOUCH

- 1-2 Step R to right side, cross L behind R
- 3-4 Step R to right side, brush L forward
- 5-6 Step L forward, touch R behind L
- 7-8 Step R back, touch L beside R

### A2: GRAPEVINE L /BRUSH, R FWD, L TOUCH BEHIND R, BACK, TOUCH

- 1-2 Step L to left side, cross R behind L
- 3-4 Step L to left side, brush R forward
- 5-6 Step R forward, touch L behind R
- 7-8 Step L back, touch R beside L

### A3: GRAPEVINE R /BRUSH, L FWD, R TOUCH BEHIND L, BACK, TOUCH

- 1-8 Repeat A1

### A4: GRAPEVINE L /BRUSH, R FWD, L TOUCH BEHIND R, BACK, TOUCH

- 1-8 Repeat A2

### A5: R SIDE, TOUCH, L SIDE TOUCH

- 1-2 Step R to right side, touch L beside R
- 3-4 Step L to left side, touch R beside L

## Part B = 32 counts (start at 12:00 or 6:00)

### B1: R SIDE ROCK, CROSS SHUFFLE, L SIDE ROCK, CROSS SHUFFLE

- 1-2 Step R to right side, weight back on L
- 3&4 Cross R over L, step L to left, cross R over L
- 5-6 Step L to left side, weight back on R
- 7&8 Cross L over R, step R to right, cross L over R

### B2: R BACK ROCK, R ROCK FWD, R FULL TURN TO R, R BACK ROCK

- 1-2 Step R back, weight back on L
- 3-4 Step R forward, weight back on L
- 5-6 Turn R ½ to right forward, turn L ½ right back (12:00)
- 7-8 Step R back, weight back on L

**B3: R POINT, CROSS, L POINT, CROSS, R SIDE ROCK, R ¼ TURN L SIDE ROCK**

- 1-2 Point R to right side, cross R over L
- 3-4 Point L to left side, cross L over R
- 5-6 Step R to right side, weight back on L
- 7-8 Step R with ¼ left turn to right side, weight back on L (9:00)

**B4: HEEL, TOGETHER, SWIVET TO RIGHT, UNWIND ¼ TURN L, KICK-BALL-CHANGE**

- 1-2 Touch right heel forward, step R beside L
- 3 Turn right heel (raised) to the left **& at the same time**  
turn the right toe (raised) to the right (both toes point to the right)
- 4 Turn both feet back to the center
- 5-6 Touch left toe behind R and turn ¼ to left on both balls (6:00)
- 7-8 Kick R forward, right ball next to L, step L on place

**Part C = 24 Counts (start at 12:00)**

**C1: 4 X DIAGONAL BACK TOUCHES (WITH CLAPS)**

- 1-2 Step R diagonal right back, touch L beside R (clap)
- 3-4 Step L diagonal left back, touch R beside L (clap)
- 5-6 Step R diagonal right back, touch L beside R (clap)
- 7-8 Step L diagonal left back, touch R beside L (clap)

**C2: 4 X DIAGONAL FORWARD TOUCHES (WITH CLAPS)**

- 1-2 Step R diagonal right forward, touch L beside R (clap)
- 3-4 Step L diagonal left forward, touch R beside L (clap)
- 5-6 Step R diagonal right forward, touch L beside R (clap)
- 7-8 Step L diagonal left forward, touch R beside L (clap)

**C3: 2 X MONTEREY TURN ¼ RIGHT**

- 1-2 Point R to right side, turn ¼ right and step R next to L
- 3-4 Point L to left side, step L next to R (3:00)
- 5-6 Point R to right side, turn ¼ right and step R next to L
- 7-8 Point L to left side, step L next to R (6:00)