

Unchained Lizzy

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 90 Count 2 Wall Phrased Improver Level Dance.
Choreographed by: Iris Wolff (DE) Sept 2021
Choreographed to: Unchained Lizzy by Sherman Noir
Intro: 16 Counts. Start at approx 25 secs.

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Sequence: A, B, B, C, A, B, B, B, B, B, B, B

rail A	30 COUNTS
SEC 1	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
SEC 2	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
SEC 3	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
SEC 4	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
SEC 5	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)
SEC 1	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

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SEC 2 1-2	R BACK ROCK, R ROCK FWD, R FULL TURN TO R, R BACK ROCK 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
SEC 3	R POINT, CROSS, L POINT, CROSS, R SIDE ROCK, R 1/4 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)
SEC 4	HEEL, TOGETHER, SWIVET TO RIGHT, UNWIND 1/4 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)
SEC 1	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)
SEC 2	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)
SEC 3	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)

