

# Unchain Me

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MUSIC: Capital F-3055 Unchained Melody by Les Baxter or SPEED: 54 RPM or as on Disk/CD  
Available from Choreographer RELEASED: October 2003

PHASE: VI + 2 Unphased Fig (Back 3 Step, Reverse Outside Spin)

RHYTHM: Foxtrot

SEQUENCE: **Intro, A, Int 1, B, Int 2, Ending**

## INTRO

### 1 - 6 WAIT; WAIT; THRU TO A THROWAWAY OVERSWAY & HOLD;; SLOW RECOVER TO A SAME FOOT LUNGE; TELESPIN ENDING TO SEMI (LOD);

1 - 2 Wait;;  
QQS 3 - 4 **[Thru to a Throwaway Oversway & Hold]** thru R, side & fwd L relaxing l knee and allowing right to point side &  
- - - - back while keeping right side twd women looking at her,-; hold; (*thru L, side & fwd R turning L face while relaxing R knee and sliding L foot back under body past R foot to point back looking well to L keeping L side in twd man,-,-; Hold;*)  
S&S 5 **[Recover to a Same Foot Lunge]** rise touch R to L,-, Side & Slightly fwd R looking R,-; (*rising swiveling L fc, close L to R, back R well under body turning to L looking well to L,-;*)  
QQQQ 6 **[Telespin Ending to Semi]** partial weight L turning body L fc, taking full weight to L spin L fc {no sway}, side R continue turn{no sway}, continue turn side & fwd L to semi-CP to DC; (*fwd L, R commence L fc toe spin, continue toe spin close L, fwd R to semi-CP DC;*)

## PART A

### 1 - 8 THRU TO A JETE POINT; FALLAWAY RONDE & SLIP; MINITELESPIN;; BK THREE STEP TO SCAR; REVERSE OUTSIDE SPIN; IMPETUS; SEMI-CHASSE;

S&S 1 **[Thru, Jete Point]** thru R,-, slight side L to CP/ point R to rev,-; (*thru L,-, slight side R to CP/point L to rev,-;*)  
SQQ 2 **[Fallaway Ronde & Slip]** recover R, flare L ccw, crossing behind taking weight, back R to CP DLC; (*recover L, flaring R cw, crossing behind taking weight, turning L fc fwd L to CP;*)  
SQQ& 3 - 4 **[Mini Telespin]** fwd R commence to turn L,-, side R 3/8 turn, back & side L no weight but with light pressure  
QQS keeping L side into woman/turn body L no weight to lead woman to CP commencing spin; fwd L continue spin L face on L drawing R to L under body, close R flexing knees, hold,-; (*back R commence to turn L,-, L foot closes to R heel turning 1/2, fwd R keeping R side in twds man/fwd L turning L fc twd partner; fwd R to CP head to L, spinning L, drawing L to R under body, close L flexing knees, hold,-;*)  
SQQ 5 **[Back Three Step to Scar]** back L,-, back R, back L to scar position fc rev; (*fwd R between man's feet,-, fwd L between man's feet, fwd L outside the man to scar position;*)  
SQQ 6 **[Reverse Outside Spin]** toeing R foot to instep of L foot spin L fc,-, fwd L around lady, back R to CP DRC; (*commence body turn to L with R side lead staying well in man's R arm in CBMP outside partner heel toe,-, R foot closes to L foot on toe, continue turn fwd L between man's feet;*)  
SQQ 7 **[Impetus]** back L turning R fc,-, close R {heel turn} continue turn, fwd L to semi-position DLC; (*commencing R face upper body turn fwd R, between man's feet heel to toe pivoting 1/2 R fc,-, side & fwd L continue turn around man brush R to L, fwd R;*)

## Unchain Me (page 2 of 4)

SQ&Q 8 [Chasse to Semi] fwd R,-, side L/close R, side L; (*fwd L,-, side R/close L, side R;*)

**9 - 16 THRU TO A JETE POINT; FALLAWAY RONDE & SLIP; MINITELESPIN;; BK THREE STEP; BOX FINISH (WALL); CONTRA CHECK & HOLD; REC, CHALLENGE LINE & SLIP**

9 - 12 Same as Measures 1 thru 4

SQQ 13 [Back Three Step] back L,-, back R, back L to CP fc rev; (*fwd R,-, fwd L, fwd L maintaining CP;*)

SQQ 14 [Box Finish] maintaining CP back R turning L fc,-, side L continue turning L fc, close R to L to fc wall; (*fwd L,-, side R, close L to R;*)

S - - 15 [Contra Check & Hold] commencing upper body turn L fc flexing knees with a strong R side lead check fwd L in CBMP and hold,-,-,-; (*commence upper body turn to the L flexing knees with strong L side lead back R in CBMP looking well to L and hold,-,-,-;*)

SQQ 16 [Rec, Challenge Line & Slip] rec back on R,-, side & fwd L with forceful stretching of R side of body upward into a high line attitude looking over lead hands, back R slight upper body rotation turning the woman to CP DLC; (*rec fwd on L,-, side & fwd R with forceful stretching of R side of body upward into a high line attitude looking over lead hands, turning L fc to CP fwd L;*)

### INT 1

**1 - 6 DOUBLE REV (FULL); DOUBLE REV (WALL); SLOW FWD, SLOW RIGHT LUNGE & HOLD; SLOW ROLL & SLIP; TELESPIN TO SEMI;;**

SQQ 1 [Double Reverse (Full)] fwd L commence to turn L,-, side R turning L face, spin L face on ball of R bringing L

SQ&Q under body beside R fc LOD; (*back R commence to turn L,-, L foot closes to R heel turn turning 1/2/side and slightly back R continuing left turn, cross L in front of R;*)

SQQ 2 [Double Reverse (Wall)] fwd L commence to turn L,-, side R turning L face, spin L fc on ball of R bringing L

SQ&Q under body beside R to fc Wall; (*back R commence to turn L,-, L foot closes to R heel turn turning 1/2/side and slightly back R continuing left turn, cross L in front of R;*)

SS 3 [Fwd, Right Lunge] slow fwd L,-, slow side & fwd R,-; (*slow back R,-, slow side & back L,-;*)

S&S 4 [Roll, & Slip] slowly roll upper body R fc,-, rec back on L/slip R past L,-; (*slowly roll upper body L fc,-, rec fwd on R/fwd L between man's feet,-;*) **NOTE: Music retards during measures 3 and 4.**

SQQ 5 - 6 [Telespin to Semi] fwd L commencing L fc turn{with R side stretch},-, fwd & side R continuing turn {continue R side stretch},

Q&QS side & back L with partial weight keeping L side fwd twd women {continue R side stretch}/with partial weight commence L fc body turn; taking full weight to L spin L fc {no sway}, side R continue turn{no sway}, continue turn side & fwd L to semi closed to LOD; (*back R commencing L fc turn,-, bring L to R starting a heel turn and gradually change weight to L continuing turn, fwd R continue the turn/keeping R side in toward the man step fwd L; fwd R commence L fc toe spin, continue toe spin close L, fwd R to semi-closed position;*)

### PART B

**1 - 8 FEATHER; 3 FALLAWAYS;; SLIP TO AN OUTSIDE CHECK; SWIVEL WHISK; CHASSE TO SEMI; QUICK OPEN TELEMARK;**

SQQ 1 [Feather] fwd R,-, fwd L, fwd R to CBMP {DLC}; (thru L turning L fc twds partner,-, side & back R to CBMP, back L;)

## Unchain Me (page 3 of 4)

- SQQ 2 - 4 **[3 Fallaways]** fwd L turning L {with R side stretch},-, side R {with R side stretch}, cross L in back of R to semi-SQQ closed position {with R side stretch}; back R turning L fc to CP {no sway},-, side & fwd {with L side stretch},
- SQQ cross R well behind L to reverse semi-closed position {with L side stretch}; fwd L turning L {blending to R side stretch},-, side R {with R side stretch}, cross L in back of R to semi-closed position {with R side stretch}; (back R turning L,-, side L, cross R in back of L to semi-closed position; turning L fwd L slipping to CP,-, side & slightly back R to reverse semi-closed position, cross L well behind R semi-closed position; back R turning L,-, side L, cross right in back of L to semi-closed position;)
- SQQ 5 **[Slip to an Outside Check]** back R turning L fc,-, side & fwd L, check fwd R outside partner to CBMP; (fwd L turning L fc,-, side & back R, check back L;)
- SQQ 6 **[Swivel Whisk]** back L with R side lead commence to turn R fc allow R foot to move slightly leftwards across the front of the L without weight,-, continue R fc body turn with R side stretch leading woman outside partner, swivel slightly to R continue upper body turn to R with R side stretch in tight semi-closed position R foot remains fwd near L foot no weight; (fwd R with L side lead commence to turn R,-, side L staying well into man's R arm 3/8 turn between 1 and 2, swivel slightly to the R with L side stretch R foot passes under the body past the L foot crossing in back of L in tight semi-closed position 1/8 turn between 2 and 3;)
- SQ&Q 7 **[Chasse to Semi]** fwd R,-, side L/close R, side L; (fwd L,-, side R/close L, side R;)
- Q&QS 8 **[Quick Open Telemark]** fwd R leading the lady to CP, fwd L commence to turn L/side R continuing turn, side & slightly fwd L to end in tight semi-closed position LOD,-; (fwd L turning R fc to CP, back R commencing to turn L fc bringing L beside R with no weight/turn L fc on R heel (heel turn) and change weight to L, step side & slightly fwd R to end in tight semi-closed position,-;)

**9 - 16 FEATHER; 3 FALLAWAYS;;; SLIP TO AN OUTSIDE CHECK; TIPPLE CHASSE; CONTRA CHECK & HOLD; REC, CHALLENGE LINE & SLIP;**

- 9 - 13 Same as Part B measures 1 thru 5
- SQ&Q 14 **[Tipple Chasse]** back L turning R,-, side R with slight L side stretch ¼ turn between 1 and 2/close L, side & slightly fwd R 1/8 turn between 3 and 4 ending DLW; (fwd R turning R, side L with slight R side stretch ¼ turn between 1 and 2/close R, side & slightly back left 1/8 turn between 3 and 4;)
- S- 15 **[Contra Check & Hold]** commencing upper body turn to the L flexing knees with a strong R side lead check fwd L in CBMP,-,-,-; (commence upper body turn to L flexing knees with strong L side lead back R in CBMP looking well to L,-,-,-;)
- SQQ 16 **[Rec, Challenge Line & Slip]** Same as Part A measure 16

### INT 2

**1 - 6 DOUBLE REV (FULL); DOUBLE REV (WALL); FWD, RIGHT LUNGE; REC, ROLL & SLIP; TELESPIN TO BANJO;;**

- 1 - 4 Same as Int 1 above
- SQQ& 5 - 6 **[Telespin to Bjo]** fwd L commencing L fc turn {with R side stretch},-, fwd & side R continuing turn
- QQS {continue R side stretch}, side & back L with partial weight keeping L side fwd twd woman {continue R side stretch}/with partial weight commence L fc body turn; taking full weight to L spin L fc {no sway}, side R continue turn {no sway}, continue turn side & fwd L to banjo position DLW,-; (back R commencing L fc turn toe spin,-, bring L to R starting a heel turn and gradually change weight to L continuing turn, fwd R continue the turn/keeping R side in twd the man step forward L; fwd R commence L fc toe spin, continue toe spin close L, side & back R to banjo position,-;)

# Unchain Me (page 4 of 4)

## ENDING

### 1 – 6 NATURAL TELEMARK; CLOSED TELEMARK; TRAVELING HOVER CROSS;; DOUBLE REVERSE (WALL); HOLD, CONTRA CHECK & EXTEND;

- SQQ 1 [Natural Telemark] fwd R commence to turn R,-, side L with L side stretch ¼ turn, continue R fc turn side & fwd R small step ½ turn ending in scar DLC; *(back L commence to turn R,-, R foot closes to L heel turn with R side stretch turning 3/8, staying well into man's R arm continue R turn side & slightly back L 3/8 turn;)*
- SQQ 2 [Closed Telemark] fwd L commencing to turn L,-, side R continue turn, side & slightly fwd L to end in bjo position DLW; *(back R commencing to turn L bringing L beside R with no weight,-, turn L fc on R heel{heel turn} & change weight to L, step side & slightly fwd R to end in banjo position;)*
- SQQ 3 - 4 [Traveling Hover Cross] Fwd R commence R fc turn,-, side & fwd L around woman, side & fwd R to face DLC
- QQQQ in scar position; man fwd L across body in contra scar, fwd & side R blending to CP, fwd L blending to contra bjo, fwd R with L side stretch; *(back L commence a R fc turn,-, close R {heel turn} continuing turn, side L; bk R with L side stretch, back & side L blending to CP, back R blending to CBMB, back L;)*
- SS 5 [Double Reverse] same as Int 1 measure 2
- ,S,-,-; 6 [Hold, Contra Check] hold, commencing upper body turn to the L flexing knees with a strong R side lead check fwd L in CBMP; *(hold, commence upper body turn to the L flexing knees with strong L side lead back R in CBMP;)*

## Unchain Me (Quick Cues)

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### INTRO

1 - 6 WAIT, WAIT, THRU TO A THROWAWAY OVERSWAY & HOLD; SLOW RECOVER TO A SAME FOOT LUNGE; TELESPIN ENDING TO SEMI (LOD);

### PART A

1 - 8 THRU TO A JETE POINT; FALLAWAY RONDE & SLIP; MINITELESPIN;; BK THREE STEP TO SCAR; REV OUTSIDE SPIN; IMPETUS; SEMI CHASSE;

9 - 12 THRU TO A JETE POINT; FALLAWAY RONDE & SLIP; MINITELESPIN;; BACK THREE STEP; BOX FINISH; BOX FINISH (WALL); CONTRA CHECK & HOLD; REC, CHALLENGE LINE & SLIP

### INT

1 - 6 DOUBLE REV (FULL); DOUBLE REV (WALL); SLOW FWD, SLOW RIGHT LUNGE & HOLD; SLOW ROLL, REC, & SLIP; TELESPIN TO SEMI;;

### PART B

1 - 8 FEATHER; 3 FALLAWAYS;;; SLIP TO AN OUTSIDE CHECK; SWIVEL WHISK; CHASSE TO SEMI; QUICK OPEN TELEMARK;

9 - 16 FEATHER; 3 FALLAWAYS;;; SLIP TO AN OUTSIDE CHECK; TIPPLE CHASSE; CONTRA CHECK & HOLD; CHALLENGE LINE & SLIP;

### INT

1 - 6 DOUBLE REV (FULL); DOUBLE REV (WALL); FWD, RIGHT LUNGE; REC, ROLL, & SLIP; TELESPIN TO BANJO;;

### ENDING

1 - 6 NATURAL TELEMARK; OPEN TELEMARK; TRAVELING HOVER CROSS;; DOUBLE REVERSE (WALL); HOLD, CONTRA CHECK & EXTEND;