

UNCHAINED MELODY FT

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Record : "Unchained Melody" CD 2008 The World Super Stars Dance Festival
Standard Track #15
Rhythm : Foxtrot (phVI) Speed : As on CD Date : May 2010 Ver.1.0
Footwork: Opposite, directions for man (lady as noted)
Sequence: Intro - A(9-16) - B - A - B - Inter - C - A - Ending



Meas

INTRO

**1~ 8 Sd by Sd fc Wall right foot free for both wait 1 meas;
Slow Cross Ck & Rec; Solo Roll 3; Slow Cross Ck & Rec;
M Pt(W Roll Bk) to Skaters; Horse & Curt(CP/Wall);
Contra Ck; Rec Hi Line & Slip;**

- 1 Sd by sd position fc Wall right foot free for both wait 1 meas;
S-Q 2 (Slow Cross Ck & Rec) Same foot worl XRIF of L,-,-, rec L;
SQQ 3 (Solo Roll 3) Sd R commence RF roll twd RLOD,-, cont RF roll sd L, cont roll sd R
joined trail hand OP/Wall;
S-Q 4 (Slow Cross Ck & Rec) XLIF of R,-,-, rec R;
--Q(SQQ) 5 (M Pt W Roll Bk) Pt sd L lead W LF roll,-,-, small stp sd L(W sd L commence LF roll,
-, cont LF roll sd R, cont roll sd & fwd L) Skaters/DW, ;
--Q 6 (Horse & Curt) Hold on L,-,-, cl R(W LF circle fwd R/L, R/L, R/L, fc partner sd
(Q&Q&Q&Q&Q) R/cl L to R) CP/Wall
S-- 7 (Contra Ck) Commence upper body LF trn flexing knees with strong R side lead ck fwd
L,-,-,-;
&S-Q 8 (Rec High Line & Slip) Rec R/sd L trning body RF strong right sd stretch,-, LF trn on
L and slip bk R fc DC;

Meas

PART A

**1~ 8 Three Step; Nat Trn; Cl Impetus; Feather Fin; Telespin to;;
Throwaway Oversway; Slow Rise Hi Line & Slip;**

- 1 (Three Step) Fwd L blending CP,-, fwd R, fwd L;
2 (Nat Trn) Fwd R commence RF trn,-, cont trn sd L fc RLOD, bk R(W bk L commence RF
trn,-,cl R cont RF turn, fwd L);
3 (Closed Impetus) Bk L commence RF trn,-, cl R cont trn, sd & bk L CP/DW(W fwd R between
M's feet commence RF trn,-, cont trn sd L brush R to L, fwd R between M's feet);
4 (Feather Finish) Bk R commence LF trn,-,sd L contra Bjo fc DC, fwd R;
SQQ 5-7 (Telespin to Throwaway Oversway) Fwd L commence LF trn,-, fwd & sd R cont LF trn,
sd & bk L with partial weight(W bk R commence LF turn bring L beside R with no weight,
cont LF trn on R heel and chg weight to L, fwd R cont LF trn);
-QS Spin L taking weight to L/cont spin, sd R cont LF trn, sd & bk L(W fwd L/fwd R cont
(&Q&S) LF trn toe spin on R, cl L, fwd R cont LF trn),-;
--- Swivel LF on L relax knee and body trn left fc DW keeping right sd and point R bk
hold,-(W swivel LF on R to bring L leg bk under body and extend bk twd DW extend
and hold,-),-,-;
--Q 8 (Slow Rise Hi Line & Slip) Rise on L,-, trning body RF strong right sd stretch,
LF trn on L and slip bk R fc DC;

**9~16 Rev Wave; Ck & Weave Tumble Ending;; Bk to Hinge; Hover Exit;
OP Nat; Outsd Spin; Feather Fin;**

- 9 (Rev Wave) Fwd L commence LF trn,-, sd R cont LF trn fc RDC, bk L twd DW(W bk R
commence LF trn,-, cont LF trn cl L to R heel trn, fwd R);
SQQ 10-11 (Ck & Weave Tumble Ending) Slip bk R slight contra ck action,-, fwd L commence LF
trn, sd R bjo/RDW;
QQ&Q Bk L, bk R commece LF trn, cont LF trn sd L/ cont trn fwd R outsd partner raising
upper body, cont LF trn small stp fwd L flexing left knee fc RDC(W fwd R, fwd L
commence LF trn, cont LF trn sd R/ cont trn bk L raising upper body, cont LF trn small

- stp bk R flexing right knee fc DW);
- QQ- (QQQ-) 12 (Bk to Hinge) Bk R commence LF trn, cont trn sd & slightly fwd L left sd stretch swivel LF 1/8 leading W XLIB of R, relaxing L knee and veering R knee to sway R (W fwd L commence LF trn, cont trn sd R right sd stretch swivel LF, XLIB of R, relaxing L knee head to L);
- QQ (SQQ) 13 (Hover Exit) Hold, -, sd R straight up commence RF trn, fwd L (W rec R, -, sd L commence RF trn, sd & fwd R) to SCP/LOD;
- 14 (OP Nat) Fwd R commence RF trn, -, sd & bk L to CP, bk R to Bjo/RDC (W fwd L, -, fwd R between M's feet, fwd L to Bjo/DW);
- 15 (Outsd Spin) Prepare to lead W outsd partner commence body trn to right with right sd lead bk L small stp 3/8 RF trn, -, fwd R heel to toe cont 3/8 RF trn, cont 1/4 RF trn sd & bk L/ to end CP/DW (W commence body trn to right with left sd lead fwd R outsd partner heel to toe, -, cl L to R on toe 5/8 RF trn between 1 and 2, cont 3/8 RF trn fwd R between M's feet);
- 16 (Feather Finish) Bk R commence LF trn, -, sd L contra Bjo fc DW, fwd R;

Meas

PART B

1~ 8 Hover; Feather; Double Rev Spin; Curving 3; Bk to Top Spin; Bk to Pom Sway; Chg Oversway; Fallaway Ronde & Slip (Fc DW);

- 1 (Hover) Fwd L, -, sd & fwd R, Rec L to SCP/DC;
- 2 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L)
- SS (QQQQ) 3 (Double Rev Spin) Fwd L commence LF trn, -, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW, -(W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe, sd & slightly bk R cont trn, cont body trn XLIF of R);
- 4 (Curving 3) Fwd L commence LF trn, -, cont trn fwd R, cont trn fwd L fc RDC;
- QQQQ 5 (Bk to Top Spin) Bk R commence LF trn, cont LF trn sd & fwd L, Bjo/ DW fwd R LF spin on R, cont LF trn rec L fc RLOD;
- QQ- 6 (Bk to Prom Sway) Bk R commence LF trn, sd & fwd L twd LOD to SCP stretch left sd look over joined lead hand, -;
- 7 (Chg Oversway) Relax L knee keeping R leg extended, -, slight LF trn stretch L sd of body cont sway & look W (W look L), -;
- 8 (Fallaway Ronde & Slip) Sd R ronde L CCW (W CW), -, XLIB and rise commence LF trn, slip R bk cont LF trn on ball of R end to CP/DW;

Meas

INTERLUDE

1~ 4 Contra Ck; Rec Hi Line & Slip; Double Rev Spin; Chg of Direction;

- S— 1 (Contra Ck) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, -, -;
- &S-Q 2 (Rec High Line & Slip) Rec R/sd L trning body RF strong right sd stretch, -, LF trn on L and slip bk R fc DC;
- SS (QQQQ) 3 (Double Rev Spin) Fwd L commence LF trn, -, cont trn sd R, spin LF on ball of R bring L foot under body beside R no weight fc DW, -(W bk R commence LF trn, cl L to R heel trn cont LF trn heel to toe, sd & slightly bk R cont trn, cont body trn XLIF of R);
- SS 4 (Chg Of Direction) Fwd L commence LF trn, -, cont LF trn sd R, draw L to R fc DC;

Meas

PART C

1~ 8 Telefeather;; Three Step; Nat Pivot Pre; Samefoot Lunge; Telespin Ending Bjo; Nat Weave (Fc DC);;

- SQQ &QQQQ 1- 2 (Telefeather) Fwd L commence LF trn, -, fwd & sd R cont LF trn, sd & bk L with partial weight; Spin L taking weight to L/cont spin, sd R cont LF trn, sd & fwd L fwd R (W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and chg weight to L, fwd R cont LF trn; Fwd L/fwd R cont LF trn toe spin on R, cl L, cont LF trn sd & bk R, bk L) Bjo/DW;
- 3 (Three Step) Fwd L blending CP, -, fwd R, fwd L;
- SQ- (SQQ) 4 (Nat Pivot Pre) Fwd R commence RF trn, sd L cont RF trn w/left sd stretch, cont RF trn tch R fc COH (W bk L commence RF trn, cl R to L heel trn w/right sd stretch, cont RF trn sd & slightly bk L);

UNCHAINED MELODY FT 3 of 3

- SS 5 (Same Foot Lunge) Sd & slightly fwd R with right sd stretch looking R, -, chg sway to L (W bk R well under body trning body to L and looking well to L, -, chg sway to R), -;
- SQQ 6 (Telespin Ending Bjo) Rec L spin LF, -, sd R cont LF trn, sd & fwd L (W rec L/ fwd R commence LF trn, -, cont trn cl L, sd & bk R) end Bjo/DW;
- SQQ 7-8 (Nat Weave) Fwd R commence RF trn, -, cont RF trn sd L fc RDW, right shoulder lead
- QQQ 8 bk R twd DC (W bk L commence RF trn, -, cl R to L heel trn, fwd L) Bjo/RDW;
- bk L twd DC, bk R commence LF trn, sd L cont trn, fwd R outsd partner Bjo/DC;

**9~16 Mini Telespin(Fc RDC);: Contra Ck & Switch;
Double Ronde Twist Trn(SCP/DC);: Feather; OP Telemark; Feather;**

- SQQSS 9-10 (Mini Telespin) Fwd L commence LF trn, -, fwd & sd R cont LF trn, sd & bk L with partial weight; Spin L taking weight to L, -, cl R (W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and chg weight to L, fwd R cont LF trn; Fwd L LF trn/fwd R to CP LF spin, -, cl L) to CP/RDC, -;
- 11 (Contra Ck & Switch) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, -, rec R commence RF trn leave L almost in place, cont RF turn bk L soft knees R foot extend fwd between W's legs in CP/DW;
- SQQ 12-13 (Double Ronde & Twist Trn) Fwd R w/RF body trn ronde L leg CW, -, fwd & sd L trning RF around W to CP cont RF trn, hook XRIB of L (W bk L with RF body trn ronde R leg CW, -, XRIB cont RF trn/sd & fwd L, fwd R outsd of M) to end M fcg RLOD;
- Q (QQQ) Unwind on both foot trning RF, -, weight on R SCP/DC, sd & fwd L (W unwind M fwd L, R, L RF swivel on L SCP/DC, sd & fwd R);
- 14 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L)
- 15 (OP Telemark) Fwd L commence LF trn, -, sd R cont LF trn, sd & slightly fwd L to end SCP/DW (W bk R commence LF trn bring L beside R with no weight, -, cont LF trn on R heel and change weight to L, sd & fwd R);
- 16 (Feather) Thru R, -, fwd L, fwd R (W thru L LF trn, sd & bk R to Bjo, bk L)

Meas

ENDING

**1~10 Hover Telemark; OP Nat(handshake); Bk Chasse W Sync Twirl;
Solo Spin & Sd w/Arms; Fence Rec Pt; W sync Roll Bk; Sprit Ronde;
Contra Ck; Rec W Wrap Trans; R Lunge & Hold(W Cares);**

- 1 (Hover Telemark) Fwd L, -, fwd R lead W RF trn, sd & fwd L to SCP/DW;
- 2 (OP Nat) Fwd R commence RF trn, cont RF trn sd L fc RDC, bk R right hand joined;
- SQQ&Q 3 (Bk Chasse W Sync Roll to OP) Bk L commence RF trn, -, fc COH sd R/cl L, sd R (W fwd R commence RF trn under lead hand, -, cont RF L/R, fwd L cont trn fc partner) release hand man fc DC;
- SS(QQS) 4 (Solo Spin & Sd w/Arms) Fwd L LF spin on L fc COH, -, sd R arms extend sd and up (W bk R commence RF spin, fwd L cont spin fc COH, sd & fwd R arms extend sd and up) OP/COH, -;
- QQ- 5 (Fence Rec Pt) Arms down and extend XLIF of R man's right woman's left hand joined, rec R, pt sd L, -;
- S-Q(SQQ) 6 (W Roll Bk) Sd L commence LF trn, -, cl R (W sd L commence LF trn, -, cont LF roll step sd R, sd & fwd L cont LF roll) end CP/RDC;
- QQ (SQQ&) 7 (Split Ronde) Lower on R ronde left leg CCW commence LF trn, -, cont LF trn XLIB of R, cont trn slip bk R (W sd R lower on R ronde left leg CCW commence LF trn, -, cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/DC;
- S— 8 (Contra Ck) Commence upper body LF trn flexing knees with strong R side lead ck fwd L, -, -;
- SS(SQQ) 9 (Rec W Wrap) Rec R lead W LF trn, -, cl L, -(W rec L commence LF trn under lead hand, -, stp in place R cont LF trn, cl L) wrapped fc DW;
- S— 10 (R Lunge & Caress) Same foot sd & fwd R flex knee, -, -(W left hand caress man's left cheek, -;