

Unchain My Heart

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Count: 32 **Wall:** 4 **Level:** Beginner/Intermediate

Choreographer: Dee Musk , UK (Feb 11)

Music: Unchain My Heart by Joe Cocker (CD: Original Hits 80's, 118bpm, 3:29min)

☐☐☐ **8 Count**

intro from heavy beat - start just after main vocals on the word 'Heart', Approx 22

secs

☐☐☐

Skate R, Skate L, Diagonal Shuffle,

Skate L, Skate R, Diagonal Shuffle.

1,2

Skate R forward, skate L forward. ☐☐☐☐ , ☐☐☐☐

3&4

Shuffle forward to R diagonal stepping R, L,

R.

☐☐☐☐☐☐☐ -☐ , ☐ , ☐

5,6

Skate L forward, skate R forward. ☐☐☐☐ , ☐☐☐☐

7&8

Shuffle forward to L diagonal stepping L, R,

L. (12 o'clock).

☐☐☐☐☐☐☐ -☐ , ☐ , ☐ (☐☐ 12☐☐)

☐☐☐

Cross Back, Diagonal Shuffle Back,

Cross Back, Diagonal Shuffle Back.

1,2

Cross R over L, step back on L. □□□□□□□□ , □□□□

3&4

Shuffle back to R diagonal, stepping R, L, R.

□□□□□□□□ -□ , □ , □

5,6

Cross L over R, step back on R. □□□□□□□□ , □□□□

7&8

Shuffle back to L diagonal, stepping L, R, L.

(12 o'clock).

□□□□□□□□ -□ , □ , □ (□□ 12□□)

□□□

Back Rock, Step Lock, Step Lock Step,

Step ¼ Turn R.

1,2

Rock back on R, recover weight to L. □□□□ , □□□□

3,4

Step forward on R, lock L behind R. □□□□ , □□□□□□□□

5&6

Step forward on R, lock L behind R, step

forward on R.

□□□□ , □□□□□□□□ , □□□□

7,8

Step forward on L, make a ¼ turn R, (weight

on R). (3 o'clock).

□□□□ , □□□ 90° (□□□□□□□□) (□□□ 3□□)

□□□

Touch, Point, Cross Side, Touch Side,

Cross Unwind ½ Turn L.

1,2

Touch L toe in front of R, point L toe to L

side.

□□□□□□□□□□ , □□□□□□

3,4

Step L over R, step R to R side. □□□□□□□□□□ , □□□□

5,6

Touch L beside R, step L to L side. □□□□□□ , □□□□

7,8

Cross step R over L, unwind a ½ turn L,

(weight on L) (9 o'clock).

□□□□□□□□□□ , □□□□ 180° (□□□□□□□□) (□□□□ 9□□)