

# Unchained Heart

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Mike Stringer (UK) Jan 2015

**Music:** Unchain My Heart - Ray Charles

## #16 Count Intro

### SIDE, TOGETHER, SIDE TOUCH X2

- 1-2 Step right to right side, Step left next to right
- 3-4 Step right to right side, Touch left next to right
- 5-6 Step left to left side, Step right next to left,
- 7-8 Step left to left side, Touch right next to left

### FORWARD, TOUCH, BACK, TOUCH, BACK TOUCH, FORWARD, BRUSH

- 1-2 Step right forward, Touch left next to right
- 3-4 Step left back, Touch right next to left
- 5-6 Step right back, Touch left next to right
- 7-8 Step left forward, Brush right foot from back to forward

### WALK FORWARD RIGHT, LEFT, RIGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT, TOUCH

- 1-2 Walk forward on right, Walk forward on left
- 3-4 Walk forward on right, Kick left forward
- 5-6 Walk back on left, Walk back on right
- 7-8 Walk back on left, Touch right next to left (putting weight on balls of feet)

### SWIVEL HEELS, TOES, HEELS, CLAP, GRAPEVINE $\frac{1}{4}$ LEFT, STOMP WITH CLAP

- 1-2 Swivel heels right, Swivel toes right
- 3-4 Swivel heels right, clap hands (putting weight on right)
- 5-6 Step left to left side, Step right behind left
- 7-8 Step forward left turning  $\frac{1}{4}$  over left shoulder, Stomp right next to left as you clap (or click)

### BEGIN AGAIN, ENJOY, SMILE

**Contact: [peppermintpolo1@hotmail.co.uk](mailto:peppermintpolo1@hotmail.co.uk)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=102800](https://www.linedance.com/index.php?f=dance_view&id=102800)