

Unchain My Heart

LINEDANCE.COM

Count: 32

Wall: 4

Level: Improver Cha Cha

Choreographer: Dee Musk (UK) Feb 2011

Music: 'Unchain My Heart' by Joe Cocker - Original Hits - 80's - Approx 3mins 29 secs version. BPM Approx 118

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).

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).

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).

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).

Have Fun and Enjoy

Contact: 07814 295470 - deemusk@btinternet.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=81987