

# UNCHAIN MY HEART

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Yvonne Anderson

**Music:** Unchain My Heart by Copper Rose

**When using suggested music start on the word (unchain my) "heart"**

## **& STEP BACK, HEEL, HOLD, STEP, ½ TURN LEFT, KICK-BALL-STEP, WALK, WALK**

- &1-2&** Step right back, touch left heel forward, hold and clap
- 3-4** Step forward right, make ½ turn left taking weight on left (6:00)
- 5&6** Kick right forward, & step ball of right beside left, step left forward
- 7-8** Step forward right, step forward left

## **CROSS & POINT, KNEE IN, 1/4 TURN RIGHT, COASTER CROSS, TOE STRUT**

- 1&2** Step right across left, & step left to left, point right toes to right
- 3-4** Pop right knee in towards left, make ¼ turn right weight on left (9:00)
- 5&6** Step right back, & step left beside right, step right across left
- 7-8** Step left toe to left, drop heel taking weight

## **KICK-BALL-CROSS, SIDE, BEHIND, ¼ TURN SHUFFLE, ROCK, RECOVER**

- 1&2** Kick right forward, & step right beside left, step left across right
- 3-4** Step right to right, step left behind right
- 5&6** Step right ¼ turn right, & step left beside right, step right forward (12:00)
- 7-8** Rock left forward, recover weight right

## **¾ TURN LEFT TRIPLE, & FORWARD, HOLD, & BACK, HOLD, & FORWARD, HOLD**

- 1&2** Make ¾ turn left stepping left, right, left (3:00)
- &3-4** Step right forward, step left forward, hold and clap
- &5-6** Step right back, step left back, hold and clap
- &7-8** Step right forward step left forward, hold and clap

**REPEAT**

**ENDING**

## Only danced when using suggested track

Towards the end of the track the tempo fades during wall 13 - dance through counts 1-12 you will have just completed the knee in,  $\frac{1}{4}$  turn (now facing 12:00, right toe touched forward, wall 13). The drums stop and the tempo of the music drops to an instrumental outro. At this point add the following 16 counts

### ROLLING VINE RIGHT AND LEFT

- 1-2 Step right  $\frac{1}{4}$  turn right, on ball of right make  $\frac{1}{4}$  turn right stepping left to left
- 3-4 On ball of left make  $\frac{1}{2}$  turn right stepping right to right, hold
- 5-8 Repeat 1-4 traveling left

### STEP, DRAG, HOLD RIGHT AND LEFT

- 1-4 Step right to right (long step), drag left towards right over 2 counts, hold
- 5-8 Step left to left, drag right towards left over 2 counts, step right behind left and pose