

Unchain My Heart

LINEDANCE.COM

Count: 32

Wall: 4

Level: Improver / Intermediate

Choreographer: Ayu Permana , IDS (INA), Oct. 2014

Music: Unchain My Heart by Joe Cocker

SECTION 1. WALK - TOE SWITCHES - MONTEREY ¼ TURN - SIDE SHUFFLE (03.00)

- 1 - 2 Step R forward - Step L forward
- 3 & 4& Touch R toe forward - Step R next to L - Touch L toe forward - Step L next to R
- 5 - 6 Touch R toe to right side - Turn ¼ right, step R next to L (03.00)
- 7 & 8 Step L to left side - Step R close to L - Step L to left side

SECTION 2. BACK - RECOVER - SIDE SHUFFLE - UNWIND ½ TURN - DIAGONAL SHUFFLE FORWARD (10.30)

- 1 - 2 Step/rock R backward - Recover on L
- 3 & 4 Step R to right side - Step L close to R - Step R to right side
- 5 - 6 Cross L over R, facing (04.30) - Turn ½ right on L, flick R (10.30)
- 7 & 8 Step R forward - Step L close to R - Step R forward

SECTION 3. FORWARD - RECOVER - SHUFFLE 3/8 TURN - SHUFFLE ½ TURN - SAILOR STEP ¼ TURN (09.00)

- 1 - 2 Step/rock L forward - Recover on R
- 3 & 4 Turn 3/8 left, step L to left side (06.00) - Step R close to L - Step L to left side
- 5 & 6 Turn ½ left, step T to right side (12.00) - Step L close to r - Step R to right side
- 7 & 8 Step L behind R, making ¼ turn left (09.00) - Step L to left side - Step R to right side

SECTION 4. HIPS BUMPING - (2X) CROSS, RECOVER, SIDE - PIVOT ½ TURN (03.00)

- 1 - 2 Touch R toe forward diagonally right, bumping hips to R - L (weight on L)
- 3 & 4 Cross R over L - Recover on L - Step R to right side
- 5 & 6 Cross L over R - Recover on R - Step L to left side
- 7 - 8 Step R forward - Turn ½ left, step on L (03.00)

REPEAT

TAG: At the end of wall 8 (16 counts) facing the front wall

**(1 - 8) FORWARD - RECOVER - COASTER STEP - PIVOT ½ TURN - SHUFFLE ½ TURN
(12.00)**

- 1 - 2** Step R forward - Recover on L
- 3 & 4** Step R backward - Step L next to R - Step R forward
- 5 - 6** Step L forward - Turn ½ right (06.00), step on R
- 7 & 8** Turn ¼ turn right, step L to left side (09.00) - Step R to L - Turn ¼ left step back on L
(12.00)

(9 - 16) BACK - RECOVER - (2X) SIDE MAMBO - FORWARD - TOGETHER (12.00)

- 1 - 2** Step R backward - Recover on L
- 3 & 4** Step R to right side - Recover on L - Step R next to L
- 5 & 6** Step L to left side - Recover on R - Step L next to R
- 7 - 8** Step R slightly forward - Step L next to R

ENJOY AND HAPPY DANCING

Contact person: permanaayu@yahoo.com