

Unchain My Heart

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

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