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Unchain My Heart

32 Count, 4 Wall, Intermediate Choreographer: Raymond & Line Sarlemijn (NO)

Feb 2009

Choreographed to: Unchain My Heart by Joe Cocker,

CD: Ultimate Collection

Start dancing on lyrics

	Other left to side
1 2&3	Step left to side Step right together, weight on left, step right to side (rando with left)
4&5	Step right together, weight on left, step right to side (ronde with left) Cross left behind right, turn ¼ right and step right forward, step left forward
6-7	Step right forward, step left forward
8&1	Step right forward, left behind right, step right forward
	STEP FORWARD, ¼ TURN RONDE (CHECK), CHASE LEFT, CUBAN BREAK,
2&3	CUBAN BREAK, BACK, SIDE FORWARD Step left forward, ronde with right, lock right over left
&4&5	Weight on right, step left to side, step right together, step left to side
6&7	Cross/rock right over left, recover on left, step right to side
8&1	Cross/rock left over right, recover on right, step left to side
2&3 4&5 6-7	BEHIND, ¼ TURN, FORWARD, CHASE FORWARD, STEP FORWARD, ¾ TURN RONDE Cross right behind left, turn ¼ left and step left forward, step right forward Step left forward, cross right behind left, step left forward Step right forward, turn ¾ left (ronde with left)
	Cross right behind left, turn ¼ left and step left forward, step right forward
4&5 6-7	Cross right behind left, turn ¼ left and step left forward, step right forward Step left forward, cross right behind left, step left forward Step right forward, turn ¾ left (ronde with left) Cross left behind right, step right together, step left to side KICK BALL OUT, SWIVEL, SWIVEL, ¼ TURN STEP FORWARD, CROSS, ½ TURN
4&5 6-7 8&1	Cross right behind left, turn ¼ left and step left forward, step right forward Step left forward, cross right behind left, step left forward Step right forward, turn ¾ left (ronde with left) Cross left behind right, step right together, step left to side KICK BALL OUT, SWIVEL, SWIVEL, ¼ TURN STEP FORWARD, CROSS, ½ TURN (SAILOR, COASTER) STEP FORWARD
4&5 6-7 8&1 2&3&	Cross right behind left, turn ½ left and step left forward, step right forward Step left forward, cross right behind left, step left forward Step right forward, turn ¾ left (ronde with left) Cross left behind right, step right together, step left to side KICK BALL OUT, SWIVEL, SWIVEL, ¼ TURN STEP FORWARD, CROSS, ½ TURN (SAILOR, COASTER) STEP FORWARD Kick right over left, step right to side, touch left to side
4&5 6-7 8&1	Cross right behind left, turn ½ left and step left forward, step right forward Step left forward, cross right behind left, step left forward Step right forward, turn ¾ left (ronde with left) Cross left behind right, step right together, step left to side KICK BALL OUT, SWIVEL, SWIVEL, ¼ TURN STEP FORWARD, CROSS, ½ TURN (SAILOR, COASTER) STEP FORWARD Kick right over left, step right to side, touch left to side Swivel left heel out and right heel in, swivel both to center,
4&5 6-7 8&1 2&3& &4&5	Cross right behind left, turn ½ left and step left forward, step right forward Step left forward, cross right behind left, step left forward Step right forward, turn ¾ left (ronde with left) Cross left behind right, step right together, step left to side KICK BALL OUT, SWIVEL, SWIVEL, ¼ TURN STEP FORWARD, CROSS, ½ TURN (SAILOR, COASTER) STEP FORWARD Kick right over left, step right to side, touch left to side Swivel left heel out and right heel in, swivel both to center, swivel left heel out and right heel in, swivel both to center
4&5 6-7 8&1 2&3&	Cross right behind left, turn ¼ left and step left forward, step right forward Step left forward, cross right behind left, step left forward Step right forward, turn ¾ left (ronde with left) Cross left behind right, step right together, step left to side KICK BALL OUT, SWIVEL, SWIVEL, ¼ TURN STEP FORWARD, CROSS, ½ TURN (SAILOR, COASTER) STEP FORWARD Kick right over left, step right to side, touch left to side Swivel left heel out and right heel in, swivel both to center,

RESTART: on wall 9 after 16 counts

Music download available from iTunes

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