



## **Unchain My Heart**

Count: 32 - Wall: 4 - Level: Improver - **1 RESTART-Wall 9 (6:00)**

Choreographer: Judy Rodgers (USA) - May 2022

Music: Unchain My Heart (Edit) - Joe Cocker : (Amazon.com)

**Intro: (long intro....start count 8 with guitar beat) -1 RESTART-Wall 9 (6:00)**

### **S1: Anchor step, Lockstep back, turn 1/2 R, turn 1/4 R, sailor step**

1&2 Step ball of R behind L, step L in place, step R slightly back

3&4 Lockstep back L R L

5-6 Turn 1/2 right step R fwd, (6:00)

turn 1/4 right step L to left side (9:00)

7&8 Step R behind L, step L to left side, step R to right side

### **S2: Cross, turn 1/4 L, shuffle, back rock, kick ball step**

1-2 Cross L over R, turn 1/4 left step R back (6:00)

3&4 Shuffle back L R L

5-6 Rock back R, recover L

7&8 Kick R fwd, step down on R, step L fwd

\*\*\*\*\* **Restart here on Wall 9 (3rd time you start at 12:00) RESTART (6.00)**

### **S3: Rolling Vine R with Chasse to Right, cross rock, turn 1/4 L walk, walk**

1-2 Turn 1/4 right step R fwd, turn 1/2 right step L back (3:00)

3&4 Turn 1/4 right shuffle R L R to side (6:00)

**(no turn option 1-4: Step R to right side, step L behind R, shuffle right R L R)**

5-6 Cross rock L over R, recover R

7-8 Turn 1/4 left, walk L, R (3:00)

### **S4: Mambo step, back rock, kick out out, bump & bump**

1&2 Rock L fwd, recover R, step L slightly back

3-4 Rock R back, recover L

5&6 Kick R fwd, step R out to right side, step L out to left

7&8 Bump hips L, R, L (weight to L)

Quelle: <https://www.copperknob.co.uk>