

# UNCHAIN MY HEART

Choreographed by Raymond & Line Sarlemijn

Description: 32 count, 4 wall, cha cha

Level: Intermediate

Music: 'Unchain My Heart' by Joe Cocker (118BPM)

*Official UCWDC competition dance description*

*Date of usage 8 July 2010*

## **1-9: TIME STEP WITH RONDE, ¼ TURN SAILOR STEP, WALK WALK, CHASE FORWARD**

- 1 Step left to side
- 2&3 Step right together, weight on left, step right to side (ronde with left)
- 4&5 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, cross left behind right, step right forward

## **10-17: STEP FORWARD, ¼ TURN RONDE (CHECK), CHASE LEFT, CUBAN BREAK, CUBAN BREAK, BACK, SIDE FORWARD**

- 2&3 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 to left, step right to side
- 8&1 Cross/rock left over right, recover to right, step left to side

## **18-25: BEHIND, ¼ TURN, FORWARD, CHASE FORWARD, STEP FORWARD, ¾ TURN RONDE**

- 2&3 Cross right behind left, turn ¼ left and step left forward, step right forward
- 4&5 Step left forward, cross right behind left, step left forward
- 6-7 Step right forward, turn ¾ left (ronde with left)
- 8&1 Cross left behind right, step right together, step left to side

## **26-32: KICK BALL OUT, SWIVEL, SWIVEL, ¼ TURN STEP FORWARD, CROSS, ½ TURN (SAILOR, COASTER) STEP FORWARD**

- 2&3& Kick right over left, step right to side, touch left to side
- &4&5 Swivel left heel out and right heel in, swivel both to center, swivel left heel out and right heel in, swivel both to center
- 6-7 Turn ¼ left and step left forward, step right forward
- 8& Turn ¼ right and step left back, turn ¼ right and step right forward

## **RESTART**

Restart on wall 9 after 16 counts