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