

## Unchain My Heart

Choreographed by Raymond & Line Sarlemijn

Description: 32 count, 4 wall, intermediate line dance

Muziek: **Unchain My Heart** by Joe Cocker

Start dancing on lyrics

### 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

### 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

### 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

### 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

REPEAT

RESTART

Restart on wall 9 after 16 counts