



Unchain My Heart

Choreographer: Judy Rodgers

Level: Improver

Count: 32

Wall: 4

Intro: 8 counts, start with guitar beat

Music: "Unchain my Heart" by Joe Cocker

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1 restart

S1: Anchor step, shuffle 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 Shuffle back L R L
5-6 Turn 1/2 right step R fwd, 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, rock recover, 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)**

S3: Rolling vine w/shuffle, 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, rock recover, 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)

Repeat

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