

# *Unchain My Heart*

**Choreographer:** Dee Musk

**Count:** 32

**Wall:** 4

**Level:** Improver Cha Cha

**Intro:** 8 counts from heavy beats, start just after main vocals on the word "Heart"

**Music:** 'Unchain My Heart' by Joe Cocker



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## **SKATE R, SKATE L, DIAGONAL SHUFFLE, SKATE L, SKATE R, DIAGONAL SHUFFLE.**

1,2 Skate R forward, skate L forward.  
3&4 Shuffle forward to R diagonal stepping R, L, R.  
5,6 Skate L forward, skate R forward.  
7&8 Shuffle forward to L diagonal stepping L, R, L. (12 o'clock).

## **CROSS BACK, DIAGONAL SHUFFLE BACK, CROSS BACK, DIAGONAL SHUFFLE BACK.**

1,2 Cross R over L, step back on L.  
3&4 Shuffle back to R diagonal, stepping R, L, R.  
5,6 Cross L over R, step back on R.  
7&8 Shuffle back to L diagonal, stepping L, R, L. (12 o'clock).

## **BACK ROCK, STEP LOCK, STEP LOCK STEP, STEP ¼ TURN R.**

1,2 Rock back on R, recover weight to L.  
3,4 Step forward on R, lock L behind R.  
5&6 Step forward on R, lock L behind R, step forward on R.  
7,8 Step forward on L, make a ¼ turn R, (weight on R). (3 o'clock).

## **TOUCH, POINT, CROSS SIDE, TOUCH SIDE, CROSS UNWIND ½ TURN L.**

1,2 Touch L toe in front of R, point L toe to L side.  
3,4 Step L over R, step R to R side.  
5,6 Touch L beside R, step L to L side.  
7,8 Cross step R over L, unwind a ½ turn L, (weight on L). (9 o'clock).

## **Repeat**



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