

# Unchain My Heart



**Count:** 32      **Wall:** 4      **Level:** Improver Cha Cha

**Choreographer:** Dee Musk (UK) Feb 2011

**Music:** 'Unchain My Heart' by Joe Cocker – Original Hits - 80's - Approx 3mins  
29 secs version. BPM Approx 118

**8 Count intro from heavy beat - start just after main vocals on the word 'Heart'**  
**Approx 22 secs**

## **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).

**Have Fun and Enjoy**

**Contact: 07814 295470 - deemusk@btinternet.com**