

# 'Unchain My Heart'

**Choreographer Dee Musk (UK) (February 2011)**

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**32 Count 4 Wall Improver Cha Cha Dance**

**Music:- 'Unchain My Heart' by Joe Cocker – Original Hits - 80's**

**Available for download from iTunes – Approx 3mins 29 secs version.**

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

**Approx 22 secs BPM Approx 118**

## Step Description

### **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 ☺**