

# Unchain My Heart

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Improver / Intermediate



**Chorégraphe:** Ayu Permana (INA) - October 2014

**Musique:** Unchain My Heart - Joe Cocker

## **SECTION 1. WALK – TOE SWITCHES – MONTEREY ¼ TURN – SIDE SHUFFLE (03.00)**

- 1 – 2 Step R forward – Step L forward
- 3 & 4& Touch R toe forward – Step R next to L – Touch L toe forward – Step L next to R
- 5 – 6 Touch R toe to right side – Turn ¼ right, step R next to L (03.00)
- 7 & 8 Step L to left side – Step R close to L – Step L to left side

## **SECTION 2. BACK – RECOVER – SIDE SHUFFLE – UNWIND ½ TURN – DIAGONAL SHUFFLE FORWARD (10.30)**

- 1 – 2 Step/rock R backward – Recover on L
- 3 & 4 Step R to right side – Step L close to R – Step R to right side
- 5 – 6 Cross L over R, facing (04.30) – Turn ½ right on L, flick R (10.30)
- 7 & 8 Step R forward – Step L close to R – Step R forward

## **SECTION 3. FORWARD – RECOVER – SHUFFLE 3/8 TURN – SHUFFLE ½ TURN – SAILOR STEP ¼ TURN (09.00)**

- 1 – 2 Step/rock L forward – Recover on R
- 3 & 4 Turn 3/8 left, step L to left side (06.00) – Step R close to L – Step L to left side
- 5 & 6 Turn ½ left, step T to right side (12.00) – Step L close to r – Step R to right side
- 7 & 8 Step L behind R, making ¼ turn left (09.00) – Step L to left side – Step R to right side

## **SECTION 4. HIPS BUMPING – ( 2X ) CROSS, RECOVER, SIDE – PIVOT ½ TURN (03.00)**

- 1 – 2 Touch R toe forward diagonally right, bumping hips to R – L (weight on L)
- 3 & 4 Cross R over L – Recover on L – Step R to right side
- 5 & 6 Cross L over R – Recover on R – Step L to left side
- 7 – 8 Step R forward – Turn ½ left, step on L (03.00)

## **REPEAT**

**TAG: At the end of wall 8 (16 counts) facing the front wall**

## **( 1 – 8 ) FORWARD – RECOVER – COASTER STEP – PIVOT ½ TURN – SHUFFLE ½ TURN (12.00)**

- 1 – 2 Step R forward – Recover on L
- 3 & 4 Step R backward – Step L next to R – Step R forward
- 5 – 6 Step L forward – Turn ½ right (06.00), step on R
- 7 & 8 Turn ¼ turn right, step L to left side (09.00) – Step R to L – Turn ¼ left step back on L (12.00)

## **(9 – 16) BACK – RECOVER – ( 2X ) SIDE MAMBO – FORWARD – TOGETHER (12.00)**

- 1 – 2 Step R backward – Recover on L
- 3 & 4 Step R to right side – Recover on L – Step R next to L
- 5 & 6 Step L to left side – Recover on R – Step L next to R
- 7 – 8 Step R slightly forward – Step L next to R

**ENJOY AND HAPPY DANCING .....**

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