# Unchain My Heart

**拍数:** 32 **墙数:** 4 **级数:** High Intermediate WCS

**编舞者:** An Ji Won (KOR) - July 2020

**音乐:** Unchain My Heart - Joe Cocker

**RESTART : 10th Wall (After 16 counts)- Face on 6 O'clock**

**SECTION 1: WALK, BACK, ANCHOR STEP, SIDE STEP 1/4 TURN L , SIDE STEP 1/2 TURN L, CROSS BACK,SIDE, CROSS OVER**

| | |
|---|---|
| 1-2 | RF step fwd ,LF Step back |
| 3&4 | RF behind LF , LF in place, RF step back |
| 5-6 | LF step side 1/4 T L, RF step side 1/2 T L |
| 7&8 | LF step behind RF , RF step side , LF cross over RF |

**SECTION 2: HOLD, HOLD, SIDE, CROSS, SIDE, CROSS,SIDE, TOGETHER, 1/4 TURN FORWARD, 1/2 PIVOT TURN R , FORWARD**

| | |
|---|---|
| 1-2& | Hold, Hold, RF step side |
| 3&4 | LF cross over RF, RF side , LF cross over RF |
| 5&6 | RF step side, LF be side RF , RF 1/4 T L step fwd |
| 7&8 | LF step fwd, RF 1/2 T R step fwd, LF step fwd |

**SECTION 3: KICK, SIDE, SIDE, HIP ROLLING , 1/4 TRIPLE TURN L, 1/2 PIVOT TURN L**

| | |
|---|---|
| 1&2 | RF kick front of LF, RF side, LF side |
| 3-4 | Hip rolling from L to R |
| 5&6 | LF beside RF, RF in place, LF 1/4 T L step fwd |
| 7-8 | RF step fwd, LF 1/2 T L step fwd |

**SECTION 4: MAMBO, COASTER, , PADDLE TURN X 4**

| | |
|---|---|
| 1&2 | RF step fwd, LF in place, RF step back |
| 3&4 | LF step back, RF beside LF , LF step fwd |
| 5-6 | RF 1/4 T L press side with ball, (12 o'clock), RF 1/4 T L press side with ball, (9 o'clock), |
| 7-8& | RF 1/4 T L press side with ball, (6 o'clock), RF 1/4 T L press side with ball, (3 o'clock) ,Weight change on LF |

**CONTACT : linedanceg2012@gmail.com Enjoy!**