

# Unchain My Heart

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Yvonne Anderson (SCO)  
音乐: Unchain My Heart - Copper Rose



When using suggested music start on the word (unchain my) "heart"

## & STEP BACK, HEEL, HOLD, STEP, ½ TURN LEFT, KICK-BALL-STEP, WALK, WALK

&1-2&                      Step right back, touch left heel forward, hold and clap  
3-4                          Step forward right, make ½ turn left taking weight on left (6:00)  
5&6                        Kick right forward, & step ball of right beside left, step left forward  
7-8                        Step forward right, step forward left

## CROSS & POINT, KNEE IN, ¼ TURN RIGHT, COASTER CROSS, TOE STRUT

1&2                        Step right across left, & step left to left, point right toes to right  
3-4                        Pop right knee in towards left, make ¼ turn right weight on left (9:00)  
5&6                        Step right back, & step left beside right, step right across left  
7-8                        Step left toe to left, drop heel taking weight

## KICK-BALL-CROSS, SIDE, BEHIND, ¼ TURN SHUFFLE, ROCK, RECOVER

1&2                        Kick right forward, & step right beside left, step left across right  
3-4                        Step right to right, step left behind right  
5&6                        Step right ¼ turn right, & step left beside right, step right forward (12:00)  
7-8                        Rock left forward, recover weight right

## ¾ TURN LEFT TRIPLE, & FORWARD, HOLD, & BACK, HOLD, & FORWARD, HOLD

1&2                        Make ¾ turn left stepping left, right, left (3:00)  
&3-4                        Step right forward, step left forward, hold and clap  
&5-6                        Step right back, step left back, hold and clap  
&7-8                        Step right forward step left forward, hold and clap

## REPEAT

## ENDING

Only danced when using suggested track

Towards the end of the track the tempo fades during wall 13 - dance through counts 1-12 you will have just completed the knee in, ¼ turn (now facing 12:00, right toe touched forward, wall 13). The drums stop and the tempo of the music drops to an instrumental outro. At this point add the following 16 counts

## ROLLING VINE RIGHT AND LEFT

1-2                        Step right ¼ turn right, on ball of right make ¼ turn right stepping left to left  
3-4                        On ball of left make ½ turn right stepping right to right, hold  
5-8                        Repeat 1-4 traveling left

## STEP, DRAG, HOLD RIGHT AND LEFT

1-4                        Step right to right (long step), drag left towards right over 2 counts, hold  
5-8                        Step left to left, drag right towards left over 2 counts, step right behind left and pose