

Unchain My Heart

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Unchain My Heart - Joe Cocker : (CD Single)



RESTART: in wall 9 AFTER 16 counts

Intro: 8 Counts from 1st beat.

§1: Time Step With Ronde, ¼ R Sailor, Walk Walk, Chase Fwd

12&3 L step L. R next L. Put weight L. R step R and ronde with L.
4&5 L step back. ¼ R and R step fwd. L step fwd. [3:00]
67&8&1 Walk fwd R-L. R step fwd. L behind R. R step fwd.

§2: Step Fwd, ¼ L Ronde (Check), Chase L, Cuban Break, Cuban Break, ¼ R Back.

23 L step fwd. Ronde with R ¼ L. R lock fwd L. [12:00]
4&5 L step L. R next to L. L step L.
6&7 R cross rock over L. Recover L. R step to R.
8&1 L cross rock over R. Recover R.* ¼ R L step back. [3:00]

*RESTART here on wall 9 facing 12:00.

§3: Behind, ¼ L, Fwd, Chase L, Step Fwd, Full L Ronde.

2&3 R cross behind L. ¼ L step fwd. R step fwd. [12:00]
4&5 L step L. R next to L. L step L.
67 R step fwd. Full L and ronde with L.
8&1 L cross behind R. R next L. L step L.

§4: Kick Ball Out, Swivel, Swivel, ¼ L Step Fwd, Cross, ½ R Coaster.

2&3 R kick in front L. R step R. Tab L to L, keep weight on R.
&4 Swivel L out and R heel in. Recover both feet.
&5 Swivel L out and R heel in. Recover both feet.
67 ¼ L L step fwd. R step fwd. [9:00]
8& ¼ R L step back. ¼ R R step fwd. [3:00]