

# Unchain My Heart

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver / Intermediate  
編舞者: Ayu Permana (INA) - October 2014  
音樂: 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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