

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

Contact person: permanaayu@yahoo.com