

Unchain My Heart

COPPER KNOB
STEPPEDETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Lynn Funk (USA) - February 2022
音樂: Unchain My Heart - Joe Cocker : (Unchain My Heart Album)



There is a long intro; then the beat of the music changes and the dance starts after 8 counts which is after the start of the vocals.

Modified Rhumba Box, Left Side Shuffle, 1/4 Right Turn on Rock/Recover

1-4 Step R Foot to Right, Step L Foot Next to R Foot, Step R Foot Forward, Touch L Toe Next to R Foot
5&6 7-8 Step L Foot to Left, Step R Foot Next to L Foot, Step L Foot to Left (Side Shuffle), Turn Right 1/4 Stepping R Foot Back, (3:00) Recover on L Foot

Toe Struts, Rock/Recover, Coaster Step

1-4 Touch R Toe Forward, Step R Foot Back Next to L Foot, Touch L Toe Forward, Step L Foot Back Next to R Foot

(on Wall 9 the change and restart happen here)

5-6 7&8 Rock R Foot Forward, Recover on L Foot, Step R Foot Back, Step L Foot Next to R Foot (Coaster Step), Step R Foot Forward

Serpentine Weave, Rock/Recover

1-4 Cross L Foot Over R Foot, Step R Foot to Right, Step L Foot Behind R Foot, Sweep R Foot Behind L Foot

5-8 Step L Foot to Left, Cross R Foot Over L Foot, Rock L Foot to Left, Recover on R Foot

Behind Side 1/4 Right Turn, Pivot 1/4 Right Turn, Cross Rock/ Recover 1/4 Left Turn

1-4 Step L Foot Behind R Foot, Turn 1/4 Right Stepping Forward on R Foot, (6:00) Step Forward on L Foot, Pivot 1/4 Right, (9:00) Recover on R Foot

5-8 Cross Rock L Foot over R Foot, Recover on R Foot, Turn 1/4 Left Stepping L Foot Forward, (6:00) Touch R Toe Next to L Foot

End of Dance. I ended the dance when the music makes another change at the end.

Change of Steps with a Restart. On Wall 9 (facing 12:00) dance the first 12 counts of the dance thru the Toe Struts (now facing 3:00) then do the following steps and Restart the dance at 12:00.

5-6 7&8 Step Forward on R Foot, Pivot 1/4 Left, (back to 12:00) Recover on L Foot, Step R Foot Behind L Foot, Step L Foot To Left, Touch R Toe Next to L Foot (Behind/Side/Touch).
Restart the dance

I hope you enjoy the dance!

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