

# My Heart

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Marian Collado (ES), Lola Espinosa (ES) & Silvia Carretero (ES) - March 2022  
音樂: Unchain My Heart (90s Version) - Joe Cocker



**Intro: 8 counts from the first strongest beat, Start on approx. 22 secs.**

**Restart: wall 9 after 16 counts**

## **(1-8) TOE STRUT, ROCKING CHAIR, SHUFFLE**

1-2            LF touch toe fwd (1), LF drop heel (2)  
3-4            RF rock fwd (3), LF recover (4)  
5-6            RF rock bwd (5), LF recover (6)  
7&8           RF step R side (7), LF together RF (&), RF step R side (8)

## **(9-16) ¼ TURN L SHUFFLE, CROSS SHUFFLE, ROCK SIDE, CROSS SHUFFLE**

1&2           ¼ turn L LF step L side (1) RF together LF (&), LF step L side (2) (9:00)  
3&4           RF cross over LF (3), LF step L (&), RF cross over LF (4)  
5-6           LF rock L side (5), RF recover (6)  
7&8           LF cross over RF (7), RF step R (&), LF cross over RF (8)

**Restart - On the ninth wall after 16 counts**

7&8           LF together next to RF (7), RF step R side (&), LF touch next to RF (8) (9:00)

## **(17-24) STEP SIDE TOUCH (X2), STEP SIDE, TOGETHER, SHUFFLE**

1-2            RF step R side (1), LF touch next to RF (2)  
3-4            LF step L side (3), RF touch next to LF (4)  
5-6            RF step R side (5), LF together (6)  
7&8            RF step R side (7), LF together (&), RF step R side (8)

**Styling option from count 5 to 8**

5-6            ¼ Turn R RF step fwd (5) (12:00), ½ Turn R step LF back (6) (6:00)  
7&8            ¼ Turn R RF step side (7), LF together (&), RF step R side (8) (9:00))

## **(25-32) CROSS POINT (X2), TOE TOUCH & HIP LIFT(X2)**

1-2            LF cross over RF (1), RF point to R side (2)  
3-4            RF cross over LF (3), LF point to L side (4)  
5-6            LF step in place (5), RF toe touch near LF&hip lift (6)  
7-8            RF step R side (7), LF toe touch near RF&hip lift (8)

**START AGAIN Have fun with it!!!**