

# Unchain My Heart

COPPER KNOB  
STEPPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Raymond Sarlemijn (NL) & Line Sarlemijn (NL) - December 2008  
音樂: 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]