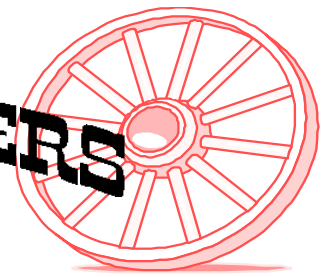




COUNTRY CLUB DANCERS



Unchain My Heart

Dance taught by Shirley Perkins for the Country Club Dancers 08-17-2015

Choreographed by: Dee Musk (UK), Feb 2011, deemusk@btinternet.com

Description: 32 count 4 wall improver cha cha line dance

Music: **Unchain My Heart** by Joe Cocker,
Album: **Original Hits**, 1980s era, 118 bpm, 3:29 version

Intro: 8 counts from heavy beat, start just after main vocals on the word 'Heart', approximately 22 seconds

1 – 8 Skate R, Skate L, Diagonal shuffle, Skate L, Skate R, Diagonal shuffle

1,2 Skate R forward, skate L forward
3&4 Shuffle forward to R diagonal stepping R, L, R
5,6 Skate L forward, skate R forward
7&8 Shuffle forward to L diagonal stepping L, R, L (12 o'clock)

9 – 16 Cross back, Diagonal shuffle back, Cross back, Diagonal shuffle back

1,2 Cross R over L, step back on L
3&4 Shuffle back to R diagonal, stepping R, L, R
5,6 Cross L over R, step back on R
7&8 Shuffle back to L diagonal, stepping L, R, L (12 o'clock)

17 – 24 Back rock, Step lock, Step lock step, Step ¼ turn right

1,2 Rock back on R, recover weight to L
3,4 Step forward on R, lock L behind R
5&6 Step forward on R, lock L behind R, step forward on R
7,8 Step forward on L, make a ¼ turn R, (weight on R) (3 o'clock)

25 – 32 Touch, Point, Cross side, Touch side, Cross unwind ½ turn left

1,2 Touch L toe in front of R, point L toe to L side
3,4 Step L over R, step R to R side
5,6 Touch L beside R, step L to L side
7,8 Cross step R over L, unwind a ½ turn L, (weight on L) (9 o'clock)

Have Fun and Enjoy