

# Unchain My Heart

Choreographer: Raymond Sarlemijn and Line Sarlemijn  
Description: 32 counts, 4 wall line dance  
Music: Joe Cocker, Unchain my heart (single version)  
Note: 1 restart and that is in wall 9 after 16 counts

## **Time step with ronde, 1/4 turn sailor step, walk, walk, chase forward**

1 LF step left  
2&3 RF next LF, Weight on LF, RF step right while doing this make ronde with LF  
4& LF step backwards RF, 1/4 turn right while doing this RF step forward  
5-7 LF step forward, RF step forward, LF step forward  
8&1 RF step forward, LF behind RF, RF step forward

## **Step forward, 1/4 turn ronde (check), chase left, Cuban break, Cuban break, back, side forward**

2&3 LF step forward, Make ronde with RF, RF lock forward LF  
&4&5 Weight on RF, LF step left, RF next to LF, LF step left  
6&7 RF cross rock in front LF, Recover weight on LF, RF step to right  
8&1 LF cross rock in front RF, Recover weight on RF, LF step to left

## **Behind, 1/4 turn, forward, chase forward, step forward, 3/4 turn ronde**

2&3 RF cross behind LF, 1/4 turn left while doing this LF step forward, RF step forward  
4&5 LF step forward, RF behind LF, LF step forward  
6, 7 RF step forward, 3/4 turn over left while doing this make ronde with LF  
8&1 LF cross behind RF, RF next LF, LF step left

## **Kick ball out, swivel, swivel, 1/4 turn step forward, cross, 1/2 turn (sailor, coaster) step forward**

2&3 RF kick in front LF, RF step Right, Tab LF left, keep weight on RF  
&4 Swivel left heel out while doing this swivel right heel in, recover both feet  
&5 Swivel left heel out while doing this swivel right heel in, Recover both feet  
6 1/4 left, while doing this LF step forward  
7 RF step forward  
8 1/4 over right while doing this LF step backwards  
& 1/4 turn over right while doing this RF step forward

## **Start all over again**