

UNCHAIN MY HEART

Choreographer: Yvonne Anderson. Scotland.

Description: 32 count, 4 wall, Intermediate, line dance

Suggested Music: Unchain My Heart, by Copper Rose, Album: Free, BPM 126

Alternate: Midnight Hour, Wilson Pickett, BPM 120. Tell Me Ma, The Shamrocks, BPM 124. Chain Reaction, Steps, BPM 130. Where I Come From, Alan Jackson, BPM 120.

Try it to your favourite track – chances are the dance will fit

Notes: When using suggested music start on the word (unchain my) 'heart'.

1-8 & STEP BACK, HEEL, HOLD, STEP, 1/2 TURN L, KICK-BALL-STEP, WALK, WALK

- &1-2 & Step RIGHT back, Touch LEFT heel forward, HOLD and clap
- 3-4 Step forward RIGHT, Make 1/2 Turn LEFT taking weight on Left (6 o'clock)
- 5&6 Kick RIGHT forward, & Step ball of RIGHT beside Left, Step LEFT forward
- 7-8 Step forward RIGHT, Step forward LEFT

9-16 CROSS & POINT, KNEE IN, 1/4 TURN R, COASTER CROSS, TOE STRUT

- 1&2 Step RIGHT across Left, & Step LEFT to Left, Point RIGHT toes to Right
- 3-4 Pop RIGHT knee in towards Left, Make 1/4 turn Right weight on Left (9 o'clock)
- 5&6 Step RIGHT back, & Step LEFT beside Right, Step RIGHT across Left
- 7-8 Step LEFT toe to Left, Drop heel taking weight

17-24 KICK-BALL-CROSS, SIDE, BEHIND, 1/4 TURN SHUFFLE, ROCK, RECOVER

- 1&2 Kick RIGHT forward, & Step RIGHT beside Left, Step LEFT across Right
- 3-4 Step RIGHT to Right, Step LEFT behind Right
- 5&6 Step RIGHT 1/4 turn Right, & Step LEFT beside Right, Step RIGHT forward (12 o'clock)
- 7-8 Rock LEFT forward, Recover weight RIGHT

25-32 3/4 TURN L TRIPLE, & FORWARD, HOLD, & BACK, HOLD, & FORWARD, HOLD

- 1&2 Make 3/4 turn Left stepping LEFT, RIGHT, LEFT (3 o'clock)
- &3-4 & Step RIGHT forward, Step LEFT forward, HOLD and clap
- &5-6 & Step RIGHT back, Step LEFT back, HOLD and Clap
- &7-8 & Step RIGHT forward Step LEFT forward, HOLD and Clap

REPEAT – ENJOY!

ENDING – (only danced when using suggested track)

Towards the end of the track the tempo fades during wall 13 - dance through counts 1-12 you will have just completed the KNEE IN, 1/4 TURN (now facing 12 o'clock, Right toe touched forward, wall 13). The drums stop and the tempo of the music drops to an instrumental outro. At this point add the following 16 counts

1-8 ROLLING VINE RIGHT AND LEFT

- 1-2 Step RIGHT 1/4 turn Right, On ball of RIGHT make 1/4 turn Right stepping LEFT to left
- 3-4 On ball of LEFT make 1/2 turn Right stepping RIGHT to Right, HOLD
- 5-8 Repeat 1-4 travelling LEFT

1-8 STEP, DRAG, HOLD RIGHT AND LEFT

- 1-4 Step RIGHT to Right (long step), Drag LEFT towards Right over 2 counts, Hold
- 5-8 Step LEFT to Left, Drag RIGHT towards Left over 2 counts, Step RIGHT behind Left and pose