

# Unchain My Heart

Competition Step Sheet

**DIVISION:** Division 3 Intermediate

Description: 32 Counts, 4 Walls, Cha Cha, Non-Country

Choreographer: Raymond & Line Sarlemijn

Music: Unchain My Heart by Joe Cocker

Count in: After main beat begins, 8 count Intro

Note: Dance will fade before restart on wall 9



## **1-9 Cha Cha Basic, Side Step with Ronde, Behind ¼ Step, Walks x 2, Triple Forward**

- 1,2& Step LF to L side, step RF next to LF, replace weight on LF
- 3 Step RF to R side while doing a ronde to L with LF
- 4&5 Step LF behind RF, make ¼ turn R stepping RF fwd, step LF forward
- 6,7 Step RF forward, step LF forward
- 8&1 Step RF forward, step LF behind RF, step RF forward

## **10-17 Step fwd, ¼ turn L with Ronde, Side Triple, Cuban break x2**

- 2,3 Step LF fwd, make ¼ Turn L sweeping RF to L & Cross RF in front of LF
- 4&5 Step LF to L side, step RF next to LF, Step LF to L side
- 6&7 Cross rock RF over LF, Recover onto LF, Step RF to right side
- 8&1 Cross rock LF over RF, Recover onto RF, Step LF step a big step to L side

## **18-25 Behind, ¼ Turn, Fwd, Triple Fwd, Step, ¾ Turn with Ronde, Behind, Together, Side**

- 2&3 Cross RF behind LF, Make ¼ turn L stepping LF fwd, step RF forward
- 4&5 Step LF forward, step RF behind LF, step LF forward
- 6,7 Step RF forward, make ¾ turn left as you sweep LF from front to back
- 8&1 Cross LF behind RF, Step RF next to LF, Step LF to L side

## **26-32 Kick ball out, Swivels, ¼ turn Step Fwd, Cross, ½ turn, Step Fwd**

- 2&3 Kick RF across LF, Step RF to R side, Touch LF to L side keeping weight RF
- &4 Swivel left heel out as you swivel right heel in, Recover both feet
- &5 Swivel left heel out as you swivel right heel in, Recover both feet
- 6,7 Make ¼ left stepping LF forward, Step RF forward
- 8& Make ¼ R stepping LF back, make ¼ turn R stepping RF forward