



Piece Of Cake Country & Western Dance

Unchain My Heart

Choreographer:	Raymond & Line Sarlemijn (NO) Feb 2009
Suggested Music:	Unchain My Heart by Joe Cocker (iTunes)
Type:	32 count, 4 wall Line Dance (cha cha motion)
Level:	Intermediate
Notes:	Restart dance on wall 9, after 16 counts

SEC 1.	TIME STEP RONDE. CROSS. 1/4 TURN STEP. WALK X3. STEP. LOCK. STEP.
1	Step left to left side.
2&3	Step right together. Change weight onto left. Step right to right side (ronde with left).
4&5	Cross left behind right. Turn 1/4 right stepping right forward. Walk left forward. (3:00)
6-7	Walk right forward. Walk left forward.
8&1	Step right forward. Lock left behind right. Step right forward.

SEC 2.	STEP. 1/4 TURN RONDE CHECK. CHA CHA. CUBAN BREAK X2.
2-3	Step left forward. 1/4 left ronde with right and cross in front of left. (12:00)
4&5	Step left to left side. Step right next to left. Step left to left side.
6&7	Rock right across left. Recover onto left. Step right to right side.
8&1	Rock left across right. Recover onto right. Step left to left side.

RESTART DANCE HERE ON WALL 9.

SEC 3.	CROSS. 1/4 TURN STEP. STEP. STEP. LOCK. STEP. STEP. 3/4 RONDE. SAILOR STEP.
2&3	Cross right behind left. 1/4 turn left stepping left forward. Step right forward. (9:00)
4&5	Step left forward. Lock right behind left. Step left forward.
6-7	Step right forward. 3/4 turn left ronde with left. (12:00)
8&1	Cross left behind right. Step right beside left. Step left to left side.

SEC 4.	KICK. STEP. TOUCH. SWIVEL X 2. 1/4 TURN STEP. STEP. 1/4 TURN STEP. 1/4 TURN STEP.
2&3	Kick right diagonally forward left. Step right to right side. Touch left to left side.
&4&	Swivel both heels left. Swivel both heels back to center. Swivel both heels left.
5-6	Swivel both heels back to center. 1/4 turn left stepping forward on left. (9:00)
7-8&	Step right forward. 1/4 turn right stepping left back. (12:00) 1/4 turn right stepping right forward. (3:00)

REPEAT