

# Unchain My Heart

**COPPER** **KNOB**  
BY STEPHENETS

**Count:** 32

**Wall:** 4

**Level:** High Intermediate WCS

**Choreographer:** An Ji Won (KOR) - July 2020

**Music:** Unchain My Heart - Joe Cocker



**RESTART : 10th Wall (After 16 counts)- Face on 6 O'clock**

## **SECTION 1: WALK, BACK, ANCHOR STEP, SIDE STEP 1/4 TURN L , SIDE STEP 1/2 TURN L, CROSS BACK,SIDE, CROSS OVER**

1-2 RF step fwd ,LF Step back  
3&4 RF behind LF , LF in place, RF step back  
5-6 LF step side 1/4 T L, RF step side 1/2 T L  
7&8 LF step behind RF , RF step side , LF cross over RF

## **SECTION 2: HOLD, HOLD, SIDE, CROSS, SIDE, CROSS,SIDE, TOGETHER, 1/4 TURN FORWARD, 1/2 PIVOT TURN R , FORWARD**

1-2& Hold, Hold, RF step side  
3&4 LF cross over RF, RF side , LF cross over RF  
5&6 RF step side, LF be side RF , RF 1/4 T L step fwd  
7&8 LF step fwd, RF 1/2 T R step fwd, LF step fwd

## **SECTION 3: KICK, SIDE, SIDE, HIP ROLLING , 1/4 TRIPLE TURN L, 1/2 PIVOT TURN L**

1&2 RF kick front of LF, RF side, LF side  
3-4 Hip rolling from L to R  
5&6 LF beside RF, RF in place, LF 1/4 T L step fwd  
7-8 RF step fwd, LF 1/2 T L step fwd

## **SECTION 4: MAMBO, COASTER, , PADDLE TURN X 4**

1&2 RF step fwd, LF in place, RF step back  
3&4 LF step back, RF beside LF , LF step fwd  
5-6 RF 1/4 T L press side with ball, (12 o'clock), RF 1/4 T L press side with ball, (9 o'clock),  
7-8& RF 1/4 T L press side with ball, (6 o'clock), RF 1/4 T L press side with ball, (3 o'clock)  
,Weight change on LF

**CONTACT : [linedanceg2012@gmail.com](mailto:linedanceg2012@gmail.com) Enjoy!**