

Official WCDF competition dance description 2009

Unchain My Heart

Line Nilsen

Type : 32 Count, 4 Wall Cuban (Cha Cha)
Level : Novice
Music : "Unchain My Heart" by Joe Cocker (BPM 118)

TIME STEP RONDE, CROSS,

¼ TURN STEP, WALK X3, STEP, LOCK, STEP

1 LF step side left
2 RF step next to LF
& LF step next to RF
3 RF step side right ronde´ with LF
4 LF cross behind RF
& RF ¼ turn right step forward (3:00)
5 LF walk forward
6 RF walk forward
7 LF walk forward
8 RF step forward
& LF lock behind RF
9 RF step forward

STEP, ¼ TURN RONDE CHECK, CHA CHA, CUBAN BREAK X2,

10 LF step forward
11 LF ¼ turn left ronde´ with RF and
cross in front of LF (12:00)
12 LF step side left
& RF step next to LF
13 LF step side left
14 RF cross rock over LF
& LF recover
15 RF step side right
16 LF cross rock over RF
& RF recover
17 LF step side left

CROSS, ¼ TURN STEP, STEP, STEP, LOCK, STEP, STEP, ¾ TURN RONDE´, SAILOR STEP

18 RF cross behind LF
& LF ¼ turn left step forward (9:00)
19 RF step forward
20 LF step forward
& RF lock behind LF
21 LF step forward
22 RF step forward
23 RF ¾ turn left ronde´ with LF (12:00)
24 LF cross behind RF
& RF step next to LF
25 LF step side left

KICK, STEP, TOUCH, SWIVEL X2, ¼ TURN STEP, STEP, ¼ TURN STEP, ¼ TURN STEP

26 RF kick diagonally forward left
& RF step side right
27 LF touch side left
& RF swivel both heels left
(weight on RF)
28 RF swivel both heels back to center
& RF swivel both heels left
(weight on RF)
29 RF swivel both heels back to center
30 LF ¼ turn left step forward (9:00)
31 RF step forward
32 LF ¼ turn right step back (12:00)
& RF ¼ turn right step forward (3:00)