

# Unchained Heart

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner

**Choreographer:** Mike Stringer (UK) - January 2015

**Music:** Unchain My Heart - Ray Charles

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## #16 Count Intro

### **SIDE, TOGETHER, SIDE TOUCH X2**

1-2 Step right to right side, Step left next to right  
3-4 Step right to right side, Touch left next to right  
5-6 Step left to left side, Step right next to left,  
7-8 Step left to left side, Touch right next to left

### **FORWARD, TOUCH, BACK, TOUCH, BACK TOUCH, FORWARD, BRUSH**

1-2 Step right forward, Touch left next to right  
3-4 Step left back, Touch right next to left  
5-6 Step right back, Touch left next to right  
7-8 Step left forward, Brush right foot from back to forward

### **WALK FORWARD RIGHT, LEFT, RIGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT, TOUCH**

1-2 Walk forward on right, Walk forward on left  
3-4 Walk forward on right, Kick left forward  
5-6 Walk back on left, Walk back on right  
7-8 Walk back on left, Touch right next to left (putting weight on balls of feet)

### **SWIVEL HEELS, TOES, HEELS, CLAP, GRAPEVINE ¼ LEFT, STOMP WITH CLAP**

1-2 Swivel heels right, Swivel toes right  
3-4 Swivel heels right, clap hands (putting weight on right)  
5-6 Step left to left side, Step right behind left  
7-8 Step forward left turning ¼ over left shoulder, Stomp right next to left as you clap (or click)

### **BEGIN AGAIN, ENJOY, SMILE**

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