

Unchain My Heart

Choreographer: Angela Boaz
w/ assistance from Bill Bingham
Phone Number: 714-329-8798
Download: iTunes, Amazon **Original Time:** 3:28
Rhythm: Cha Cha
Phase: IV+1+1 [Single Cuban Break; Passing Fan]

Email: angela.boazrd@gmail.com
Song: Unchain My Heart [Edit]
Album - Artist: Unchain My Heart [Edit] - Joe Cocker
Corrected: July 16, 2026 **Tempo:** Slow 5% [time: 3:36] or to suit
Footwork: Opposite Unless Noted
Sequence: Intro - A - Amod1 - B - Amod2 - C - B - Cmod - Ending

- INTRODUCTION -

1 - 4 RAISE ARMS - LADY FORWARD 3 & EMBRACE ; ROCK 2 ; MAN ROLL 3 TO OP WALL LADY ROCK 2 W/ ARM SWEEP ; MAN ROCK 2 LADY WRAP ;

- (123-) 1 {**Raise Arms - W Fwd 3 & Embrace**} Ld ft free Tandem WALL W 3 stps bhd M bth raise arms to the sd then lower elbows & X hnds ovr heart after Lady's embrace (*W fwd R, fwd L, fwd R on "Unchain," "My," "Heart" & reach arnd M's chest & twd M's heart [if more agreeable plc hnds on shldr, undr arms, at waist, on hips]*);
- 1-3- 2 {**Rk 2**} [same footwork] Slo rk L, rec R;
- 123- (1-3-) 3 {**M Roll 3 Lady Rk 2 W/ Arm Sweep To OP WALL**} Roll LF L, R, L jn trl hnds fc WALL, sweep ld arm up & out (*W rk L, -, rec R, sweep ld arm up & out*) OP WALL;
- 1-3- (123-) 4 {**M Rk 2 W Wrp**} Retain jn trl hnds rk R, -, rec L, - (*W trn LF L, R, L, -*) jn ld hnds in frnt of W WRP WALL;
- 5 - 8 ROCK 3 ; MAN FORWARD 2 LADY ROLL OUT 3 TO BFLY ; ½ BASIC ; FAN ;**
- 123- 5 {**Rk 3**} [same footwork] Rk R, rec L, rec R, -;
- 2-4 (-234) 6 {**M Fwd 2 W Roll Out 3 To BFLY**} Rel trl hnds -, fwd L, -, fwd R (*W roll LF -, L, R, L twd WALL*) BFLY WALL;
- 7 {**½ Bas**} Fwd L, rec R, sd L/cl R, sd L;
- 8 {**Fan**} Bk R, rec L, sd R/cl L, sd R (*W fwd L, trng ¼ LF sd & bk R fc RLOD, bk L/lk Rif, bk L*);

For cuers and dancers who prefer a more "traditional" routine:

Delete the first 14 seconds of the music file as downloaded then slow to desired tempo.

- Alternate INTRODUCTION -

1 - 2+ WAIT THROUGH VOCAL + ; ;

- 1 -2 Fan pos M fc WALL Wt thru "Set me free" + ; ;

- PART A -

1 - 4 START AN ALEMANA ; LADY UNDER 2 FACE WALL SIDE CHA APART ; SINGLE CUBAN ; SPOT TURN TO AN "L" FACE WALL ;

- 1 {**Start An Alemana**} Fwd L, rec R, sd L/cl R, sd L, - (*W cl R, fwd L, fwd R/lk Lib, fwd R swvl RF fc ptr*);
- 2 {**W Undr 2 Fc WALL Sd CH Apt**} Rk bk R, rec L (*W swvl RF fc LOD fwd L, swvl RF fc WALL cl R*) rel hnds, sd R/cl L, sd R;
- 1&23&4 3 {**Sgl Cuban**} Look awy from ptr XLif/rec R, sd L, look twd ptr XRif/rec L, sd R;
- 4 {**Spt Trn To An "L" Fc WALL**} Swvlg ¼ RF fwd L trng ½ RF, rec R M trn ¼ RF, sd L/cl R, sd L jn ld hnds raise in frnt of forehd (*W fcg RLOD fwd R/lk Lib, fwd R to M L sd*);

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- PART A [cont] -

5 - 8 HOCKEY STICK ENDING ; FORWARD BASIC MAN FACE WALL ; AIDA ; SWITCH CROSS ;

- 5 {Hky Stk Endg} Bk R, rec L, fwd R/cl L, fwd R (W fwd L trng $\frac{1}{8}$ LF, fwd R trng $\frac{1}{2}$ LF, bk L/lk Rif, bk L);
6 {Fwd Bas M Fc WALL} Fwd L, rec R, bk L/lk Rif, bk L M trng $\frac{1}{8}$ LF fc WALL then bth swvl to fc RLOD;
7 {Aida} Thru R trng $\frac{1}{4}$ RF, sd L cont RF trn fc LOD, bk R/lk Lif, bk R trng slight RF Bk-Bk "V" Pos;
8 {Swch X} Trng LF to fc ptr sd L ckg & bringing jnd hnds thru, rec R, XLif/sd R, XLif;

9 -12 CUCARACHA ; START A CHASE WITH TRIPLE CHAS ; ; ;

- 9 {Cuca} Sd R w/partial wgt, rec L, cl R/sip L, sip R;
10 {Start A Chs W/ Trpl Chs} Fwd L trn $\frac{1}{2}$ RF (W bk R) rel hnds, rec R, fwd L/lk Rib, fwd L;
1&23&4 11 Fwd R/lk Lib, fwd R, fwd L/lk Rib, fwd L;
12 {Bth Trn Trpl CH Out} Fwd R trn $\frac{1}{2}$ LF (W fwd L trn $\frac{1}{2}$ RF), rec L, fwd R/lk Lib, fwd R;

13 -16 ; LADY TURN TO BFLY MAN CHECKING ; SINGLE CUBAN ; FAN ;

- 1&23&4 13 [Cont Chs W/ Triple Chs] Fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R;
14 {W Trn To BFLY M Ckg} Fwd L, rec R, bk L/lk Rif, bk L ckg (W fwd R trn $\frac{1}{2}$ LF, fwd L, fwd R/lk Lib, fwd R);
1&23&4 15 {Sgl Cuban} XRif/rec L, sd R, XLif/rec R, sd L;
16 {Fan} Rk bk R, rec L, sd R/cl L, sd R (W fwd L, trng $\frac{1}{4}$ LF sd & bk R fc RLOD, bk L/lk Rif, bk L);

- PART A MOD 1 -

1 -15 START AN ALEMANA ; LADY UNDER 2 FACE WALL SIDE CHA APART ; SINGLE CUBAN ; SPOT TURN TO AN "L" FACE WALL ; HOCKEY STICK ENDING ; FORWARD BASIC MAN FACE WALL ; AIDA ; SWITCH CROSS ; CUCARACHA ; START A CHASE WITH TRIPLE CHAS ; ; ; TO BFLY MAN CHECKING ; SINGLE CUBAN ;

16 AIDA :

- 16 {Aida} Thru R trng $\frac{1}{4}$ RF, sd L cont RF trn fc LOD, bk R/lk Lif, bk R trng slight RF Bk-Bk "V" Pos;

- PART B -

1 - 4 SWITCH TO QUICK NEW YORKER BFLY ; CRAB WALK $\frac{1}{2}$; ROCK SIDE RECOVER QUICK BACK VINE 3 ; TRAVELING DOOR ;

- 123&4 1 {Swch to Qk NY} Trng LF to fc ptr sd L ckg & bringing jnd hnds thru, rec R, swvl thru L w/ straight leg/ rec R swvl fc ptr, sd L BFLY;
2 {Crb Wik $\frac{1}{2}$ } XRif, sd L, XRif/sd L, XRif;
123&4 3 {Rk Sd Rec Qk Bk Vin 3} Rk sd L, rec R, XLib/sd R, XLif;
4 {Trav Dr} Sd R, rec L, XRif/sd L, XRif BFLY WALL;

5 - 8 VINE 2 & CHA ; NEW YORKER ; REVERSE UNDERARM TURN IN 3 CLOSE POINT ; - - - - TO BFLY ;

- 5 {Vn 2 & Ch} Sd L, XLib, sd L/cl R, sd L BFLY WALL;
6 {NY} Swvl thru R w/ straight leg, rec L swvl fc ptr, sd R/cl L, sd R BFLY;
123&& 7 {Rev Undrm Trn In 3 Cl Pt} XLif, rec R (W swvl $\frac{1}{4}$ LF fwd R trng $\frac{1}{2}$ LF, undr jn ld hnds rec L trng $\frac{1}{4}$ LF), sd L/cl R, -/pt L;
- 8 {- - - - to BFLY} -, -, -, jn trl hnds BFLY WALL; 2nd time -, -, -, rel ld hnds jn R hnds HND SHK WALL;

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- PART A MOD 2 -

- 1 ½ BASIC :
1 {½ Bas} Fwd L, rec R, sd L/cl R, sd L;
- 2 -15 LADY UNDER 2 FACE WALL SIDE CHA APART ; SINGLE CUBAN ; SPOT TURN TO "L" FACE WALL ; HOCKEY STICK ENDING ; FORWARD BASIC MAN FACE WALL ; AIDA ; SWITCH CROSS ; CUCARACHA ; START A CHASE WITH TRIPLE CHAS ; ; ; TO BFLY MAN CHECKING ; SINGLE CUBAN ;
- 16 BACK BASIC TO HANDSHAKE :
16 {Bk Bas To HNDSHK} Bk R, rec L, fwd R/lk Lib, fwd R to HNDSHK;

- PART C -

- 1 - 4 FLIRT TO A FAN ; ; START A PASSING FAN TO HANDSHAKE ; CROSS BODY ENDING FACE WALL :
1-2 {Flirt to a Fan} Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R (W bk R, rec L trng LF, comp trn to VARS sd R/cl L sd R; Bk L, rec R, sd & bk L swvlg RF fc RLOD/lk Rif, bk L);
3 {Start A Passg Fan To HNDSHK} Fwd L Xif of W, fwd R trng ½ LF, sd L/cl R, sd L (W cl R, fwd L, fwd R/lk Lib, fwd R) HNDSHK blendg "L" to DRC;
4 {X Bdy Endg Fc WALL} Bk R, rec L trng ⅝ LF (W fwd L, fwd R trng ⅝ LF) HNDSHK WALL, sd R/cl L, sd R; [Optional] {X Bdy Endg W Trl} Bk R, rec L trng ⅝ LF, sd R/cl L, sd R (W fwd L, fwd R trng ⅝ LF HNDSHK WALL, undr jn ld hnds trwl 1 LF trn sd & fwd L/sd & bk R, sd L) HNDSHK WALL;
- 5 - 8 SHADOW NEW YORKER ; SPOT TURN ; CHASE W/ UNDERARM PASS BFLY ; ;
5 {SHDW NY} Swvl thru L w/ straight leg L SHDW RLOD, rec R fc ptr, sd L/cl R, sd L HNDSHK WALL;
6 {Spt Trn} Swvl ¼ LF fwd R rel hnds trng LF ½, rec L trng to fc ptr, sd R/cl L, sd R jn ld hnds;
7-8 {Chs W/ Undrm Pass To BFLY} Fwd L trn ½ RF, rec R, fwd L keepg ld hnds jnd/lk Rib, fwd L (W bk R, fwd L, fwd R twd M's L sd, fwd R/lk Lib, fwd R); Bk R raising ld hnds, fwd L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L);
- 9 -12 FENCE LINE ; WHIP ; FENCE LINE ; AIDA ;
9 {Fnc Line} In BFLY X lun thru L w/ bent knee lookg twd LOD, rec R fc ptr, sd L/cl R, sd L;
10 {Whp} Trng ¼ LF bk R, trng ¼ LF rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF, sd L/cl R, sd L);
11 {Fnc Line} In BFLY X lun thru L w/ bent knee lookg twd RLOD, rec R fc ptr, sd L/cl R, sd L;
12 {Aida} Thru R trng ¼ RF, sd L cont RF trn fc LOD, bk R/lk Lf, bk R trng slight RF Bk-Bk "V" Pos;

- PART B -

- 1 - 8 SWITCH TO QUICK NEW YORKER BFLY ; CRAB WALK ½ ; ROCK SIDE RECOVER QUICK BACK VINE 3 ; TRAVELING DOOR ; VINE 2 & CHA ; NEW YORKER ; REVERSE UNDERARM TURN IN 3 CLOSE POINT ; ;

- PART C MOD -

- 1 - 4 FLIRT TO A FAN ; ; START A PASSING FAN TO HANDSHAKE ; CROSS BODY ENDING FACE WALL ;
- 5 - 8 SHADOW NEW YORKER TWICE ; ; SPOT TURN LADY FACE LOD ; CROSS BODY ENDING BFLY LOD ;
5 [SHDW NY Twice] Swvl thru L w/ straight leg L SHDW RLOD, rec R fc ptr, sd L/cl R, sd L HNDSHK WALL;
6 Swvl thru R w/ straight leg SHDW LOD, rec L fc ptr, sd R/cl L, sd R HNDSHK WALL;
7 {Spt Trn W Fc LOD} Swvl ¼ RF fwd L rel hnds trng RF ½, rec R trng RF fc WALL, sd R/cl L, sd R jn ld hnds (W swvl ¼ LF fwd L trng ½ LF twd LOD, fwd R, fwd L/lk Rib, fwd L jn ld hnds);
8 {X Bdy Endg Fc LOD} Bk R, fwd L trn ¼ LF (W fwd L, fwd R trng LF ½) BFLY LOD, sd R/cl L, sd R;

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- ENDING -

1 - 4 FENCE LINE TWICE ; ON 2ND MAN POINT ON 3 ; AIDA ; APART SLOW ARM SWEEP :

- 1 {Fnc Line Twice} X lun L, rec R, sd L/cl R, sd L;
123-(123&4) 2 {On 2nd M Pt On 3} X lun R, rec L, pt R twd WALL, - (W X lun L, rec R, sd L/cl R, sd L);
3 {Aida} Twd COH fwd R comm ½ RF trn, sd L comp RF trn, bk R/lk L, bk R (W same ftwork twd WALL);
1 4 {Apt Slo Arm Sweep} Apt L (W apt L), slo sweep L arm up & bk as music fades;

Quick Cues

INTRO:

RAISE ARMS - W FWD 3 & EMBRACE ; RK 2 ; M ROLL 3 OP WALL W RK 2 W/ ARM SWEEP ; M RK 2 W WRP ;
RK 3 ; M FWD 2 W ROLL OUT 3 TO BFLY ; ½ BAS ; FAN ;

ALT INTRO: Wt thru “Set Me Free” + ; ;

PART A: [16 MEAS]

START AN ALEMANA ; W UNDR 2 FC WALL SD CH APT ; SGL CUBAN ; SPT TRN TO AN “L” FCG WALL ; HKY
STK ENDG ; FWD BAS M FC WALL ; AIDA ; SWCH X ; CUCA ; START A CHS W/ TRPL CH ; ; ; ; TO BFLY M
CKG ; SGL CUBAN ; FAN ;

PART A MOD 1: [16 MEAS]

START AN ALEMANA ; W UNDR 2 FC WALL SD CH APT ; SGL CUBAN ; SPT TRN TO AN “L” FCG WALL ; HKY
STK ENDG ; FWD BAS M FC WALL ; AIDA ; SWCH X ; CUCA ; START A CHS W/ TRPL CH ; ; ; ; TO BFLY M
CKG ; SGL CUBAN ; AIDA ;

PART B: [8 MEAS]

SWCH TO QK NY BFLY ; CRB WLK ½ ; RK SD REC QK BK VIN 3 ; TRAV DR ; VIN 2 & CH ; NY ; REV UNDRM
TRN IN 3 CL/PT ; - - - - TO BFLY ;

PART A MOD 2: [16 MEAS]

½ BAS ; W UNDR 2 FC WALL SD CHA APT ; SGL CUBAN ; SPT TRN TO AN “L” FC WALL ; HKY STK ENDG ;
FWD BAS M FC WALL ; AIDA ; SWCH X ; CUCA ; START A CHS W/ TRPL CH ; ; ; ; TO BFLY M CKG ; SGL
CUBAN ; BK BAS TO HND SHK ;

PART C: [12 MEAS]

FLIRT ; TO A FAN ; START A PASSG FAN TO HND SHK ; X BDY ENDG [Optional W/ TWRL] FC WALL ; SHDW
NY ; SPT TRN ; CHS W/ UNDRM PASS ; TO BFLY ; FNC LINE ; WHP ; FNC LINE ; AIDA ;

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Quick Cues [cont]

PART B: [8 MEAS]

SWCH TO QK NY BFLY ; CRB WLK ½ ; RK SD REC QK BK VIN 3 ; TRAV DR ; VIN 2 & CHA ; NY ; REV
UNDRARM TRN IN 3 CL/PT ; - - - - TO HNDSHK ;

PART C MOD: [8 MEAS]

FLIRT ; TO A FAN ; START A PASSG FAN TO HNDSHK ; X BDY ENDG [Optional W/ TWRL] FC WALL ; SHDW
NY TWICE ; ; SPT TRN W FC LINE JN LD HNDS ; X BDY ENDG FC LINE TO BFLY LOD ;

ENDING: [5 MEAS]

FNC LINE TWICE ; ON 2ND M PT ON 3 ; AIDA ; STP APT SLO ARM SWEEP ; ;