Unchain My Heart 2025

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Music: "Unchain My Heart" by Erich Erber Show Orchestra, on the album "German Open Championships"; MP3 download available from https://www.casa-musica-shop.de

Rhythm & Phase:	Cha Cha Phase III	**Original Time:**	1:41
Footwork:	Opposite *(except where noted)*	**Tempo:**	as downloaded or slow for comfort
Sequence:	Intro, A, A, B, Ending		
Released:	July 25, 2025	**Revised:**	N/A

Introduction

1 – 4 Wait ;; Spot Turn (2x) ;;

1-2 [**Wait 2 Meas**] BFLY facing WALL, w/ lead feet free – Wait 2 measures ;;

3-4 [**Spot Turn 2x**] Swiveling 1/4 RF *(LF)* fwd L trng 1/2 RF *(LF)*, rec R cont turn 1/4 to fc ptr, sd L/cl R, sd L ; Swiveling 1/4 LF *(RF)* fwd R trng 1/2 LF *(RF)*, rec L cont turn 1/4 to fc ptr, sd R/cl L, sd R ;

Part A

1 – 4 New Yorker ; Underarm Turn ; Reverse Underarm Turn ; Fence Line ;

1 [**New Yorker**] Swiveling RF *(LF)* thru L RLOD, rec R swiveling to fc ptr, sd L/cl R, sd L ;

2 [**UA Turn**] XRib leading W to begin RF turn under jnd lead hads, rec L, sd R/cl L, sd R *(fwd L trng RF under jnd lead hnds, fwd R cont trn to fc ptr, small sd L/cl R, sd L)* ;

3 [**Rev UA Turn**] XLif leading W to begin LF turn under jnd lead hads, rec R, sd L/cl R, sd L *(fwd R trng LF under jnd lead hnds, fwd L cont trn to fc ptr, small sd R/cl L, sd R)* ;

4 [**Fence Line**] X lunge thru R w/ bent knee, rec L to fc ptr, sd R/cl C, sd R ;

5 – 8 Basic ;; Traveling Door (2x) to Open LOD ;;

5-6 [**Basic**] Fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R ;

7-8 [**Trav Door (2x) to Open LOD**] Rk sd L, rec R, XLif *(XRif)*/sd R, XLif *(XRif)* ; rk sd R, rec L dropping lead hands & trng to Open LOD, fwd R/cls L, fwd R ;

9 – 12 Walk 2 & Cha ; Spot Turn to LOP RLOD ; Spot Turn to Open LOD ; Walk 2 & Cha ;

9 [**Walk 2 & Cha**] Fwd L, fwd R, fwd L/cl R, fwd L ;

10 [**Spot Turn to LOP RLOD**] Fwd R trng 1/2 LF *(RF)*, rec L to LOP RLOD, fwd R/cl L, fwd R ;

11 [**Spot Turn to Open LOD**] Fwd L trng 1/2 RF *(LF)*, rec R to Open LOD, fwd L/cl R, fwd L ;

12 [**Walk 2 & Cha**] Fwd R, fwd L, fwd R/cl L, fwd R ;

13 – 16 Circle Away & Together Cha to BFLY ;; Cucaracha (2x) ;;

13-14 [**Circle Away & Tog Cha**] Release contact & separate from partner to move away in a LF *(RF)* circular pattern: fwd L, fwd R, fwd L/cl R, fwd L to both fc RLOD approx. 8 ft from partner ; Continue LF *(RF)* circular pattern toward partner: fwd R, fwd L, fwd R/cl L, fwd ;

15-16 [**Cuca 2x**] Sd L, rec R, cl L/sip R, sip L ; sd R, rec L, cl R/sip L, sip R ;

Repeat Part A

Part B

1 – 6 Chase Half to Tandem Wall ;; Cucaracha (2x) ;;

1-2 [**Chase Half to Tandem**] Release contact w/ partner fwd L comm ½ RF turn to fc COH, rec R, fwd L/cl R, fwd L *(back R, rec L to TANDEM COH, fwd R/cl L, fwd R)* ; fwd R comm 1/2 LF turn

to TANDEM WALL, rec L, fwd R/cl L, fwd R *(fwd L comm ½ RF turn to fc WALL, rec R, fwd L/cl R, fwd L)* ;

3-4 [**Cuca 2x**] Sd L, rec R, cl L/sip R, sip L ; sd R, rec L, cl R/sip L, sip R ;

5 – 8 Finish Chase w/ Side Cha Ending ;; Reverse Underarm Turn ; Close-Point & Hold ;

5-6 [**Finish Chase w/ Side Cha Ending**] Fwd L, rec R, bk L/cl R, bk L *(fwd R comm ½ LF turn to BFLY, rec L, fwd R/cl L, fwd R)* ; bk R, rec L, sd R/cl L, sd R BFLY ;

7 [**Rev UA Turn**] XLif leading W to begin LF turn under jnd lead hads, rec R, sd L/cl R, sd L *(fwd R trng LF under jnd lead hnds, fwd L cont trn to fc ptr, small sd R/cl L, sd R)* ;

8 [**Close-Point & Hold**] Cl R/pnt L to LOD, -, -, - ;

Ending

1 – 4 New Yorker ; Underarm Turn ; Reverse Underarm Turn ; Fence Line ;

1 [**New Yorker**] Swiveling RF *(LF)* thru L RLOD, rec R swiveling to fc ptr, sd L/cl R, sd L ;

2 [**UA Turn**] XRib leading W to begin RF turn under jnd lead hads, rec L, sd R/cl L, sd R *(fwd L trng RF under jnd lead hnds, fwd R cont trn to fc ptr, small sd L/cl R, sd L)* ;

3 [**Rev UA Turn**] XLif leading W to begin LF turn under jnd lead hads, rec R, sd L/cl R, sd L *(fwd R trng LF under jnd lead hnds, fwd L cont trn to fc ptr, small sd R/cl L, sd R)* ;

4 [**Fence Line**] X lunge thru R w/ bent knee, rec L to fc ptr, sd R/cl C, sd R ;

5-7 Basic to CP ;; Side Corte ;

5-6 5-6 [**Basic**] Fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R ;

7 [**Side Corte**] Sd L on soft knee with L-side stretch looking to RLOD R toe pointed RLOD, -, -, - ;

Head Cues

Starting Position: Butterfly Wall, lead feet free

INTRO Wait ;; Spot Turn (twice) ;;

PART A New Yorker ; UA Turn ; Rev UA Turn ; Fence Line ; Basic ;; Trav Door (2x) to Open LOD ;; Walk 2 & Cha ; Spot Turn to LOP RLOD ; Spot Turn to Open LOD ; Walk 2 & Cha ; Circle Away & Tog Cha to BFLY ;; Cuca (2x) ;;

PART A New Yorker ; UA Turn ; Rev UA Turn ; Fence Line ; Basic ;; Trav Door (2x) to Open LOD ;; Walk 2 & Cha ; Spot Turn to LOP RLOD ; Spot Turn to Open LOD ; Walk 2 & Cha ; Circle Away & Tog Cha to BFLY ;; Cuca (2x) ;;

PART B Chase Half to Tandem Wall ;; Cuca (2x) ;; Finish Chase w/ Side Cha Ending ;; Rev UA Turn ; Close-Point & Hold ;

ENDING New Yorker ; UA Turn ; Rev UA Turn ; Fence Line ; Basic to CP ;; Side Corte ;