



Unchain My Heart

Arranged by Greg Gilpin. Choreography by Greg Gilpin

Choir has back to audience on introduction.

- M4 Jazz hands high on beat 1 and full down.
M5 Roll head back and then around right.
M6 Reach up with left hand on beat 1. Grab on beat 3.
M7 Pull left fist down while right jazz hand is going up.
M8-25 Right hand comes down. Choir step/touches Left/Right. One by one, singers turn and face front. They will then be step/touching right/left to match choir moving left/right. When all are turned around, choir is moving right/left.
M26 Step/touch right/left crossing arms across chest with each direction on beats 1 and 3. Opening arms when center on beats 2 and 4.
M27 Arms high forcefully on beat 1 and do "wild" hands high to low, pulling down.
M28 Pull arms in from right, then pull in from left.
M29 Right hand up, left hand up on beats 1 and 2, cross arms on beat 3 and open up on beat 4.
M30-33 Same as before
M34 Roll fists down to right and back up.
M35 Flat arm across front on beat 1, left flat arm on top of right on beat 2, pulse downward 2x on beats 3 and 4.
M36 Roll fists down to right and back up (as before).
M37 "Shew" with hands 2x right, 2x left.
M38 Cross arms right beat 1, open in center beat 2, cross arms left beat 3, open in center beat 4 (as before)
M39 Right hand up, left hand up on beats 1 and 2, cross arms on beat 3 and open up on beat 4 (as before).
M40-41 "Wild arms" again.
M42-43 Right wavy arm (gently) 2x, then left wavy arm 2x.
M44-45 V fingers from eyes, right, left, right, left. John Travolta/disco.
M46-47 Both wavy arms forward 4x.
M48 Both hands (jazz) high on 1, bring down on "and of 3" hit, then put them high on "and of 4" hit.
M49 Bring arms down easily with attitude.
M50-65 SAME AS BEFORE
REPEAT BACK SAME AS BEFORE through M67.
M68-75 Try having each row do their own thing. Add each row every two measures.
Start easy with step-touches and then add movements that you already know.
M76-77 All stop and sing big.
M78 Right hand forward to audience, palm up.
M79 Right hand down, left to chest, head down in a bow.
M80 Left hand down and look up.
M81 Both hands lift forward and up with jazz hands shaking. On cut off, pose with jazz hands in anyway desired. Individually or creating a picture with the entire group.