

## Unchain

Choreographed by: Garth Bock ( garth.bock@verizon.net ) www.countrydancer.com

Type: 4 wall Easy Intermediate Line Dance

Music: Unchain My Heart – Joe Cocker

### Walks Forward – Syncopated Steps – Sailor Shuffles w/ 1/4 Turn

1 - 2 Walk Forward Right – Left

& 3 Step Right to right Side – Step Left to left Side (out –out)

4 Hold

5 & 6 Step Right Behind Left – Step Left to left side – Step Right out to right Side

7 & 8 Step Left Behind Right Turning ¼Turn left – Step Right out – Step Left out

### Rock Step – 1/2 Turn Shuffle – 1/4 Turn Pivot – Cross Shuffle

9-10 Rock Forward on Right – Recover on Left

11&12 Turning ¼Turn right Step Right to side – Step Left Next to Right – Turning ¼right Step Right Foot Forward

13-14 Step Left Foot Forward – Pivot 1/4 Turn right

15&16 Cross Left Over Right – Step Right Small Step Right – Cross Left over Right

### Rock Step – Side Toe Struts – Cross Rock Step

17-18 Step Right Foot right – Recover on Left

19-20 Step Right Toe over Left Foot – Step Down on Heel

21-22 Step Left Toe out to side – Step Down on Heel

23-24 Cross Rock Right over Left – Recover on Left

### Side Steps with Holds and Turns – Rolling Turn Forward

25-26 Step Right to right side – Hold

27-28 1/2 Turn Right on Ball of Right Foot Stepping on Left – Hold

& 1/4 Turn Right on Ball of Left Foot

29-30 Rock Back on Right Foot – Recover on Left

31 1/2 Turn on Ball of Left Foot Stepping Back on Right

32 1/2 Turn on Ball of Right Foot Stepping Forward on Left

Note: To keep the dance phrased you need to dance through the first 8 walls and then on the 9th wall (front wall) dance counts 1-16 and restart. At the end the as the song slows down continue dancing with the tempo. You will be doing the walks forward as they sing slowly “unchain my heart”, stop and slowly raise both hands up.