

# Unchain

Choreographed by: Garth Bock ( [garth.bock@verizon.net](mailto:garth.bock@verizon.net) )  
[www.countrydancer.com](http://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 ¼ Turn 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 ¼ Turn right Step Right to side – Step Left Next to Right – Turning ¼ right 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 9<sup>th</sup> 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.