

# Unchain

Compte: 32

Mur: 4

Niveau: Improver WCS

Chorégraphe: Garth Bock (USA)

Musique: Unchain My Heart - Joe Cocker



## WALKS FORWARD, SYNCOPATED STEPS, SAILOR SHUFFLES WITH ¼ 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, ½ TURN SHUFFLE, ¼ 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 ¼ 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 ½ turn right on ball of right foot stepping on left, hold  
& ¼ turn right on ball of left foot  
29-30 Rock back on right foot, recover on left  
31 ½ turn on ball of left foot stepping back on right  
32 ½ turn on ball of right foot stepping forward on left

## REPEAT

## RESTART

On the 9th wall (front wall), dance counts 1-16 and restart

## ENDING

At the end, 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