

Unchain My Heart

Choreographer: Dee Musk
Description: 32 count, 4 wall, beg/int line dance
Music: **Unchain My Heart** by Joe Cocker

8 count intro from heavy beat

Beats / Step Description

SKATE RIGHT, SKATE LEFT, DIAGONAL SHUFFLE, SKATE LEFT, SKATE RIGHT, DIAGONAL SHUFFLE

1-2 Skate right forward, skate left forward
3&4 Chassé forward to right diagonal stepping right, left, right
5-6 Skate left, skate right
7&8 Chassé forward to left diagonal stepping left, right, left (12:00)

CROSS BACK, DIAGONAL SHUFFLE BACK, CROSS BACK, DIAGONAL SHUFFLE BACK

1-2 Cross right over left, step left back
3&4 Shuffle back to right diagonal, stepping right, left, right
5-6 Cross left over right, step right back
7&8 Shuffle back to left diagonal, stepping left, right, left (12:00)

BACK ROCK, STEP LOCK, STEP LOCK STEP, STEP TURN ¼ RIGHT

1-2 Rock right back, recover to left
3-4 Step right forward, lock left behind right
5&6 Locking chassé forward right, left, right
7-8 Step left forward, turn ¼ right, (weight on right). (3:00)

TOUCH, POINT, CROSS SIDE, TOUCH SIDE, CROSS UNWIND TURN ½ LEFT

1-2 Touch left toe in front of right, touch left to side
3-4 Cross left over right, step right to side
5-6 Touch left together, step left to side
7-8 Cross right over left, unwind a turn ½ left, (weight on left) (9:00)

Smile and Begin Again