

# Unchain My Heart

Choreographed by Dee Musk

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: Unchain My Heart by Joe Cocker [[Ultimate Collection](#) / Available on iTunes  

8 count intro from heavy beat

## **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)

**REPEAT**