Shed The Shackles

Count: 32	**Wand:** 4	**Ebene:** Beginner	

Choreograf/in: John Bishop (AUS) - July 2024
Musik: Shackles - Mary Mary

Wait 16 counts to start on vocals.

FORWARD (OUT), FORWARD (OUT), COASTER STEP, 2 x 1/8 PIVOTS (with hip rolls)

1,2	Step L fwd at 45°L (left diagonal), step R fwd at 45°R (right diagonal)
3&4	Step L back to centre, step R next to L, step L fwd [coaster]
5,6	Step R to side, pivot 1/8 left onto L (rolling hips anti-clockwise)
7,8	Step R to side, pivot 1/8 left onto L (rolling hips anti-clockwise) [9:00]

CROSS, SIDE, BEHIND-SIDE-CROSS, SWAY HIPS, SAILOR STEP 1/4 RIGHT

1,2	Step R across in front of L, step L to side
3&4	Step R behind L, step L to side, step R across in front of L
5,6	Rock L to side swaying hips left, recover weight onto R swaying hips right*

* on wall 6 add 2 extra hip sways and RESTART here to 12:00

7&8	Step L behind R, turn ¼ right stepping onto R, step slightly fwd on L [12:00]

STEP, LOCK, TRIPLE STEP; STEP, LOCK, TRIPLE STEP

1,2	Step R fwd on diagonal, lock/step L behind R
3&4	Triple step (on the spot or shuffle slightly forward) R, L, R
5,6	Step L fwd on diagonal, lock/step R behind L
7&8	Triple step (on the spot or shuffle slightly forward) L, R, L

TOUCH FORWARD, SIDE, SAILOR 1/4 RIGHT, BALL SLIDE/SWITCHES

1,2	Touch R fwd, touch R to side
3&4	Swing R behind L and step, turn ¼ right stepping on L, step onto R [3:00]
5&	Touch ball of L fwd, slide/step L back next to R
6&	Slide/step ball of R fwd, slide/step R back next to L
7&	Slide/step ball of L fwd, slide/step L back next to R
8&	Slide/step ball of R fwd, slide/step R back next to L

On wall 6 (starts at 3:00) dance up to and including count 14 (hip sways) and then add 2 extra hip sways and RESTART to 12:00

Ending: On wall 10 (starts at 9:00) change the sailor step on count 27 & 28 to turn ½ left to finish facing the front