

Shackles

Count: 32

Wall: 4

Level: Improver

Choreographer: Roland Ford (USA) - January 2025

Music: Shackles (Praise You) - Mary Mary



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

FRONT BACK TOE TAPS

1 2 3 4 Tap right foot front, home, back, home
5 6 7 8 Tap left foot front, home, back, home

MARCH TO RIGHT, LEFT

1 2 3 4 Walk to right on right, left, right, left
5 6 7 8 Walk to left on left, right, left, right

BACK STEP SLIDES, FORWARD STEP SLIDES

1 2 3 4 Step back on right, slide left to right, step back on left, slide right to left
5 6 7 8 Step forward on right, slide left to right, step forward on left, slide right to left

STOMPS, QUARTER TURN LEFT

1 2 3 4 Still facing 12:00 stomp right foot 2 times, left foot 2 times
5 6 7 8 Paddle/stomp on right foot 4 times while making quarter turn left

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