

# The Shackles Dance

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Debbie Scrimsher (USA)

Musique: Shackles - Mary Mary



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## FORWARD & BACK MAMBO BASICS

- 1&2 Step forward on left, replace weight onto right, step left next to right  
3&4 Step back on right, replace weight onto left, step right next to left

## ½ TURN PIVOT RIGHT, STOMP, CLAP, CLAPP

- 5-6 Place ball of left foot forward, pivot ½ turn to right, ending with weight on right foot  
7&8 Stomp left foot forward, clap, clap

## FORWARD & BACK MAMBO BASICS

- 9&10 Step forward on right, replace weight onto left, step right next to left  
11&12 Step back on left, replace weight onto right, step left next to right

## ½ TURN PIVOT LEFT, STOMP, CLAP, CLAPP

- 13-14 Place ball of right foot forward, pivot ½ turn to left, ending with weight on left foot  
15&16 Stomp right foot forward, clap, clap

## SIDE MAMBO'S WITH CROSS STEPS

- 17&18 Step left to left, replace weight onto right, cross step left in front of right  
19&20 Step right to right, replace weight onto left, cross step right in front of left

## SIDE ROCK, CROSSING TRIPLES

- 21-22 Step left to left, replace weight onto right  
23&24 Cross step left in front of right, step slightly to right on right, cross step left in front of right

## STEP ¼ TURN RIGHT, ½ TURN PIVOT RIGHT WITH TRIPLE

- 25-26 Step right foot ¼ turn to right, step forward on left and pivot ½ turn to right  
27&28 Replace weight onto right foot, slide ball of left foot slightly forward, step forward on right

## SPIRAL TURN TO RIGHT, TRIPLE

- 29-30 Step forward on left, turn full turn to right, ending with weight still on left and legs crossed  
31&32 Step forward on right, slide ball of left foot slightly forward, step forward right

**REPEAT**

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