

The Shackles Dance

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Debbie Scrimsher (USA)

Musique: Shackles - Mary Mary



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
