

Shackled

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Low Intermediate Hip Hop
编舞者: Chip Hubbard (USA) - August 2015
音乐: Shackles On My Feet by RJ's Latest Arrival



Start dancing on lyrics

WALK, WALK, SHUFFLE, ROCK, RECOVER, LEFT COASTER

1-2 Step right forward, step left forward
3-4 Chasse forward right-left-right
5-6 Rock left forward, recover to right
7&8 Left coaster step

STEP RIGHT TURN 1/2 LEFT TWICE, STEP, BEHIND, RIGHT HEEL JACKS

1-2 Step right forward, turn 1/2 left (weight to left)
3-4 Step right forward, turn 1/2 left (weight to left)
5-6 Step right side, cross left behind
&7&8 Step right side, touch left heel diagonally forward, step left together, cross right over

STEP, BEHIND, LEFT HEEL JACKS, SWAY RIGHT-LEFT-RIGHT-LEFT

1-2 Step left side, cross right behind
&3&4 Step left side, touch right heel diagonally forward, step right together, cross left over
5-6 Rock right side and sway hip right, sway hip left
7-8 Sway hip right, recover to left and sway hip left

CROSS POINT, CROSS POINT, CROSS POINT, CROSS TOUCH

1-2 Cross right over, touch left side
3-4 Cross left behind, turn 1/8 left and touch right side
5-6 Cross right behind, touch left side
7-8 Cross left behind, turn 1/8 left and touch right side (bend right knee)

REPEAT

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