

Shackles (Praise You)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jesus Pacheco (AUS) - September 2021
音乐: Shackles (Praise You) - Mary Mary



INTRO: 4 COUNT - NO TAG, NO RESTART

S1. VINE R, STOMP RHONDE, COASTER STEP, BODY WAVE, RECOVER

1-2&3-4 Vine- RF diagonal to R, L behind R, R beside L, L Heel cross over R Touch, R Stomp L Rhonde to L
5&6 Coaster Step- L behind R, R beside L, LF diagonal to L
7-8& R cross over L Body Wave, Recover L, R cross behind L

S2. DIAGONAL HEEL SCUFF TURN, HEEL TOUCH & FLAT ON PIVOT, V SHIMMY

1-2 LF diagonal to L, L Heel in place R Scuff Hitch ½ turn to L
3&4 R- Heel Touch 2X then Flat (Toe Down) while pivoting over L
5&6& V Shimmy] R in place, LF diagonal to L, Arms raised Shimmy 2X, Recover L to R
7&8& V Shimmy] L in place, RF diagonal to R, Arms raised Shimmy 2X, Recover R to L

S3. DIAMOND AND BACKWARD SHIMMY STEPS

1-4 Diamond - L cross over R, R to R side, L back 1/4 turn to L side, R across next to L
5-8 Backward Shimmy - rapid alternate shoulder movement arms raised swinging. L R L R Back, pass next to each other foot ending weight on R

S4. SCISSOR, CROSS-LEGGED TURN, HIP ROLL TO R, PIVOT JUMPS

1&2& L open wide to L side, twist shoulder with R hand index finger pointing on air Recover L beside R, hand down. Do opposite steps on R ending R behind L
3-4 L Leg cross over R leg, Hip Bump back rotate shoulder to R
5&6& Cross-Legged ½ Turn with Hip Roll 2X clockwise
7&8& L cross over R, L & R Ball Jump 3X while pivoting ½ to R ending L cross over R With weight of body on L foot.

Stay Fit, Keep on Groovin' and Live a Healthier Life. Enjoy guys, CHEERS!!!

Best regards, Jesus Pacheco - Sydney Australia

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