

# Break These Shackles

拍数: 50      墙数: 2      级数: Intermediate +  
编舞者: Cato Larsen (NOR) - 1 October 2022  
音乐: Shackles - Thorsteinn Einarsson : (Digital Download only.)



**Intro: Start the dance at vocals after 8 counts of intro. (8 seconds).**

**Motion: Smooth (West Coast Swing).**

**Tempo: 84 BPM.**

**SOD: Speed Of Dance; Normal**

## **[1 – 8] Side Jump, together, Mambo Sweep, Back Rock, 3/8 turn, Shuffle ½ turn.**

&1      Turn 1/8 turn left Jumping left to left side (&), Step right next to left (1). 10:30  
2      Snap your fingers with arms down and out at 7:30 (2).  
3&      Step forward on left (3), Rock (recover back again on right (&)).  
4      Step back on left Sweeping right foot out and back (4).  
5&      Step back on right (5), Rock (recover) forward again onto left (&).  
6      Turn 3/8 turn left Stepping back on right (6). 9:00  
7&8      Shuffle ½ turn left Stepping L,R,L (7&8). 3:00

## **[9 – 16] ¼ turn & Point, Unwind ½ turn, Cross Rock ¼ turn, Step, ¾ turn & Point, Body/Snake Roll.**

&      Turn ¼ turn left Stepping right to right side (&). 12:00  
1      Point left behind right foot Looking right and Snapping fingers to right side (1). 6:00  
2      Unwind ½ turn left (2). (Over rotate the turn slightly).  
3&      Cross right over left (3), Rock (recover) back again onto left (&).  
4      Turn ¼ turn right Stepping forward on right (4). 9:00  
5&6      Step forward on left (5), Turn (swivel) ¾ turn right (&), Point left toe to left side (6). 6:00  
7,8      Body/Snake Roll left to transfer weight onto left leg (7,8).

## **[17 – 24] Sailor Step, Weave, Back Rock, Side, “Break These Shackles” arms.**

1,2      Cross right behind left (1), Step left slightly left (&), Step right slightly right (2).  
3&      Cross left behind right (3), Step right to right side (&).  
4&      Cross left over right (4), Step right to right side (&).  
5&6      Cross left behind right (5), Rock (recover) forward again onto right (&), Step left to left side (6).  
7      Cross arms in front of your chest where the wrist is the crossing point, closed fists (7).  
8      “Break these Shackles” by throwing your hands down to each side with attitude (8).

## **[25 – 32] Jazz Box ¼ turn, Step, ½ turn, ¼ turn into Side Mambo cross, Syncopated Scissor Step**

1&2      Cross right over left (1), Step back on left (&), Turn ¼ turn right Stepping forward on right (2). 3:00  
3,4      Step forward on left (3), Turn (swivel) ½ turn right (4). 6:00  
5&      Turn ¼ turn right Stepping left to left side (5), Rock (recover) back again onto right (&).  
6      Cross left over right (6).  
&7,8      Step right to right side (&), Step left next to right (7), Cross right over left (8).

## **[33 – 40] Samba Whisk’s, ½ turn into Syncopated bota Fogo’s.**

1,2&      Step left long step to left side (1), Step back on right (2), Rock (recover) forward again onto left (&).  
3,4&      Step right long step to right (3), Step back on left (4), Rock (recover) forward again onto right (&).  
5      Turn ½ turn left Crossing left over right (5). 12:00  
6&      Step right to right side (6), Rock (recover) back again onto left (&).  
7,8&      Cross right over left (7), Step left to left side (8), Rock (recover) back again onto right (&).

**[41 – 50] Fallaway, Coaster Step, Point, Hitch.**

- 1,2& Cross left over right (1), Step right to right side (&), Turn 1/8 turn left Stepping back on left (2). 10:30
- 3& Step back on right (3), Turn 1/8 left Stepping left to left side (&). 9:00
- 4 Turn 1/8 turn left Stepping forward on right (4). 7:30
- 5& Step forward on left (5), Turn 1/8 turn left Stepping right to right side (&). 6:00
- 6 Turn 1/8 turn left Stepping back on left (6). 4:30
- 7&8 Step back on right (7), Step left next to right (&), Step forward on right (8). 4:30
- 9 Straight up to 6 O'clock and Point left toe to left side (9). 6:00
- 10 Turn 1/8 turn right and Hitch left knee across of right leg (10). 7:30

**Start again jumping to the left side.**

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