

I'm in Shackles

拍数: 40 墙数: 2 级数:
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音乐: Shackles - Steven Rodriguez



Restart in walls 2, 4, 5, 6 after 32 counts, but make the slow motion step on count 31, 1 count longer to restart again

Ball step, spiral turn, walks, mambo step, slide back, weave

- &. Step left to the left
- 1. Cross right foot over left foot
- 2. Turn 1 1/8 over your left shoulder while you keep your weight on the right foot
- 3. Step left foot forward (10:30)
- 4. Step right foot forward
- 5. Step left foot forward
- &. Recover back on right foot
- 6. Step left foot backwards
- 7. Slide your right foot backwards
- 8. Step your left foot behind right foot
- &. Step right foot next to left foot(12:00)

Weave, one leg turn, crazy walks, mambo step, triple step, sweep

- 1. Cross left foot over right
- 2. Turn 1 ¼ over right shoulder
- 3. Step right foot forward (3:00)
- &. Step left foot forward
- 4. Step right foot forward
- 5. Step left foot forward
- &. Recover back on right foot
- 6. Step left foot back
- &. Step right foot to the right making a ¼ turn over your right shoulder (facing 6:00)
- 7. Step left foot forward while making a ¼ turn over your right shoulder (facing 9:00)
- 8. Sweep the right back while making a ½ turn over your right shoulder (facing 3:00)
- &. Step left foot next to right foot

Spiral turn, spiral turn, weave, sweep

- 1. Cross your right foot over left foot
- 2. Make a 7/8 turn over your left shoulder
- &. Step left foot diagonally forward (1:30)
- 3. Lock you right foot behind your left foot
- 4. Unwind 7/8 turn over your right shoulder
- 5. Step left foot to the right
- &. Cross right foot behind left foot
- 6. Step left foot to the left
- 7. Sweep your right foot forward and make a ½ turn over your left shoulder
- 8. Touch your right foot next to left foot

Sweep, walks, slide back, coaster step, full turn, ball step, runs

- 1. Step right foot forward and sweep with the left forward
- 2. Step left foot forward
- &. Step right foot to the right
- 3. Cross left foot diagonally back of the right foot

4. Step right foot back (facing 4:30)
- &. Step left foot next to right foot
5. Step right foot forward
- &. Step left foot forward
6. Make a full turn
7. stand on the ball of the right foot for the slow motion effect
8. Step left foot forward
- &. Step right foot to the right

Dorothy, Dorothy, step turn, step sweep,

1. Step left foot forward
 2. Step right foot to the right (facing 6:00)
 - &. Cross left foot behind right foot
 3. Step right foot forward
 - &. Step left foot to the side
 4. Cross right foot behind left foot
 - &. Step left foot forward
 5. Step right foot forward
 6. Step left foot forward
 - &. Make a half turn over your right shoulder
 7. Step left foot forward
 - &. Make a half turn over your right shoulder and sweep your right foot back
 8. Stand on the right foot
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