

Unshackled

拍数: 32 墙数: 4 级数: Improver
编舞者: Gregory F. Huff (USA) - March 2024
音乐: Shackles (Praise You) - Mary Mary



16 count intro; start dance at :12 in song

CHARLESTON SWIVELS*

- 1&2& On the ball of your left foot swivel your left heel left, swivel left foot ball right & left as you place the ball of your right foot forward swiveling your right heel right & left, step right foot next to left
- 3&4& On the ball of your right foot swivel your right heel right, swivel right foot ball left & right as you place the ball of your left foot backward swiveling your left heel left & right, step left foot next to right
- 5&6& On the ball of your left foot swivel your left heel left, swivel left foot ball right & left as you place the ball of your right foot forward swiveling your right heel right & left, step right foot next to left
- 7&8& On the ball of your right foot swivel your right heel right, swivel right foot ball left & right as you place the ball of your left foot backward swiveling your left heel left & right, step left foot next to right

ROCK & COASTER, STEP ½ TURN RIGHT, SHUFFLE

- 1-2 Rock forward as you step your right foot forward, rock back on your left
- 3&4 Step right foot backward, step left next to right, step right foot forward
- 5-6 Step left foot forward, step right foot ½ turn right
- 7&8 Step left foot forward, step right next to left, step left foot forward

SOUL WALK, STEP ½ TURN LEFT, STEP ¼ TURN LEFT

- 1&2 Step right foot forward, lift right heel while keeping ball of right foot on floor, bring right heel down to the floor
- 3&4 Step left foot forward, lift left heel while keeping ball of left foot on floor, bring left heel down to the floor
- 5-6 Step right foot forward, step left foot ½ turn left
- 7-8 Step right foot forward, step left foot ¼ turn left

SIDE TO SIDE TOUCH, ROLLING PRAISE VINE, CLAP CLAP

- 1-2 Step right foot to the right, step left next to right
- 3-4 Step right foot to the right, touch left next to right
- 5-6 As you raise your arms above your head step left foot ½ turn on the left side, step right foot next to left
- 7&8 Step left foot ½ turn on the left side, clap, clap as you step right foot next to left and bring your arms down.

RESTART ON WALL 6 AT 1:57 IN MUSIC:
Complete first 16 counts of wall 6 then restart.

*Modify Charleston as needed for your comfort level. Do not do Charleston swivels wearing slip resistant footwear or on slip resistant surfaces.

Add your own style and have fun!!

Gregory F. Huff © 3/2024

