

# Shackled

**COPPER** KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Low Intermediate Hip Hop  
編舞者: Chip Hubbard (USA) - August 2015  
音樂: 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

Contact: [chiphubbard@gmail.com](mailto:chiphubbard@gmail.com)

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