

# Shackles

拍數: 50      牆數: 4      級數: Improver  
編舞者: Dirk Leibing (DE) - August 2021  
音樂: Shackles - Thorsteinn Einarsson



Intro : 8 counts (~4 sec.)

**(I) Walk, Walk, Achor Step with sweep, back sweep, back sweep, behind, side, cross**

1-2            Step RF forward(1), Step LF forward(2)  
3&4            Step RF behind LF(3), Weight on LF(&), Weight on RF while sweeping LF back(4)  
5-6            springy Step LF back while sweeping RF(5), springy Step RF back while sweeping LF(6)  
7&8            Step LF behind RF(7), Step RF right(&), Cross LF in front of RF(8)

**(II) Side Rock, Cross Shuffle, Turn, Side, Cros Rock, Side**

1-2            Rock RF right(1), Recover on LF(2)  
3&4            Cross RF in front of LF(3), small Step left with LF(&), Cross RF in front of LF(4)  
5-6            Turn ¼ right stepping LF back(5)(3:00), Step RF right(6)  
7&8            Rock LF in front of RF(7), Recover on RF(&), Step LF left(8)

**(III) Heel & Toe & Toe & Heel, Rock Revoer, Shuffle back**

1&2&            Dig right heel forward(1), Close RF next to LF(&), Point LF left(2), Close LF next to RF(&)  
3&4&            Point RF right(3), Close RF next to LF(&), Dig left heel forward(4), Close LF next to RF(&)  
5-6            Rock RF forward(5), Recover on LF(6)  
7&8            Step RF back(7), Close LF next to RF(&), Step RF back(8)

**Restart in wall 2 changing counts 7&8 in Block III to a right back Rock(7), Recover on LF(8)**

**(IV) Back Rock, Shuffle forward, running ¾ Turn right**

1-2            Rock LF back(1), Recover on RF(2)  
3&4            Step LF forward(3), Close RF next to LF(&), Step LF forward(4)  
5-6            Turn 1/8 right stepping RF forward, Turn 1/8 right stepping LF forward  
7&8            Turn ½ right running right(7), left(&), right(8)(12:00)

**(V) Cross, Side, Behind, Heel, Step ½ Turn(2x)**

1-2            Cross LF in front of RF(1), Step RF right(2)  
3&4            Step LF behind of RF(3), Close RF next to LF(&), Dig left heel to left diagonal(4)(10:30)  
&5-6            Close LF next to RF(&), Step RF forward(5), Turn ½ left(6)(4:30)  
7-8            Step RF forward(7), Turn ½ left(8)(10:30)

**(VI) Jazz Box with 3/8 Turn right, Out, Out, Swivel together, Back Rock, Recover**

1-2            Cross RF in front of LF(1), Turn 1/8 right stepping LF back(2)(12:00)  
3-4            Turn ¼ right stepping RF forward(3:00), Step LF forward(4)  
&5-6            Step RF diagonally right out(&), Step LF left(5)  
6-7-8            Both Heels in(6), Both Toe in(7), Both Heels in(8)

**(VI) Back Rock, Recover**

1-2            Rock RF back(1), Recover on LF(2)

**Start again - Have Fun**

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