

# Shackles (Praise You)

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jesus Pacheco (AUS) - September 2021  
音樂: Shackles (Praise You) - Mary Mary



## INTRO: 4 COUNT - NO TAG, NO RESTART

### S1. VINE R, STOMP RHONDE, COASTER STEP, BODY WAVE, RECOVER

1-2&3-4      Vine- RF diagonal to R, L behind R, R beside L, L Heel cross over R Touch, R Stomp L Rhonde to L  
5&6      Coaster Step- L behind R, R beside L, LF diagonal to L  
7-8&      R cross over L Body Wave, Recover L, R cross behind L

### S2. DIAGONAL HEEL SCUFF TURN, HEEL TOUCH & FLAT ON PIVOT, V SHIMMY

1-2      LF diagonal to L, L Heel in place R Scuff Hitch ½ turn to L  
3&4      R- Heel Touch 2X then Flat (Toe Down) while pivoting over L  
5&6&      V Shimmy ] R in place, LF diagonal to L, Arms raised Shimmy 2X, Recover L to R  
7&8&      V Shimmy ] L in place, RF diagonal to R, Arms raised Shimmy 2X, Recover R to L

### S3. DIAMOND AND BACKWARD SHIMMY STEPS

1-4      Diamond - L cross over R, R to R side, L back 1/4 turn to L side, R across next to L  
5-8      Backward Shimmy - rapid alternate shoulder movement arms raised swinging. L R L R Back, pass next to each other foot ending weight on R

### S4. SCISSOR, CROSS-LEGGED TURN, HIP ROLL TO R, PIVOT JUMPS

1&2&      L open wide to L side, twist shoulder with R hand index finger pointing on air Recover L beside R, hand down. Do opposite steps on R ending R behind L  
3-4      L Leg cross over R leg, Hip Bump back rotate shoulder to R  
5&6&      Cross-Legged ½ Turn with Hip Roll 2X clockwise  
7&8&      L cross over R, L & R Ball Jump 3X while pivoting ½ to R ending L cross over R With weight of body on L foot.

Stay Fit, Keep on Groovin' and Live a Healthier Life. Enjoy guys, CHEERS!!!

Best regards, Jesus Pacheco - Sydney Australia

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