

Break These Shackles

拍數: 50 牆數: 2 級數: Intermediate +
編舞者: Cato Larsen (NOR) - 1 October 2022
音樂: Shackles - Thorsteinn Einarsson : (Digital Download only.)



Intro: Start the dance at vocals after 8 counts of intro. (8 seconds).

Motion: Smooth (West Coast Swing).

Tempo: 84 BPM.

SOD: Speed Of Dance; Normal

[1 – 8] Side Jump, together, Mambo Sweep, Back Rock, 3/8 turn, Shuffle ½ turn.

&1 Turn 1/8 turn left Jumping left to left side (&), Step right next to left (1). 10:30
2 Snap your fingers with arms down and out at 7:30 (2).
3& Step forward on left (3), Rock (recover back again on right (&)).
4 Step back on left Sweeping right foot out and back (4).
5& Step back on right (5), Rock (recover) forward again onto left (&).
6 Turn 3/8 turn left Stepping back on right (6). 9:00
7&8 Shuffle ½ turn left Stepping L,R,L (7&8). 3:00

[9 – 16] ¼ turn & Point, Unwind ½ turn, Cross Rock ¼ turn, Step, ¾ turn & Point, Body/Snake Roll.

& Turn ¼ turn left Stepping right to right side (&). 12:00
1 Point left behind right foot Looking right and Snapping fingers to right side (1). 6:00
2 Unwind ½ turn left (2). (Over rotate the turn slightly).
3& Cross right over left (3), Rock (recover) back again onto left (&).
4 Turn ¼ turn right Stepping forward on right (4). 9:00
5&6 Step forward on left (5), Turn (swivel) ¾ turn right (&), Point left toe to left side (6). 6:00
7,8 Body/Snake Roll left to transfer weight onto left leg (7,8).

[17 – 24] Sailor Step, Weave, Back Rock, Side, "Break These Shackles" arms.

1,2 Cross right behind left (1), Step left slightly left (&), Step right slightly right (2).
3& Cross left behind right (3), Step right to right side (&).
4& Cross left over right (4), Step right to right side (&).
5&6 Cross left behind right (5), Rock (recover) forward again onto right (&), Step left to left side (6).
7 Cross arms in front of your chest where the wrist is the crossing point, closed fists (7).
8 "Break these Shackles" by throwing your hands down to each side with attitude (8).

[25 – 32] Jazz Box ¼ turn, Step, ½ turn, ¼ turn into Side Mambo cross, Syncopated Scissor Step

1&2 Cross right over left (1), Step back on left (&), Turn ¼ turn right Stepping forward on right (2). 3:00
3,4 Step forward on left (3), Turn (swivel) ½ turn right (4). 6:00
5& Turn ¼ turn right Stepping left to left side (5), Rock (recover) back again onto right (&).
6 Cross left over right (6).
&7,8 Step right to right side (&), Step left next to right (7), Cross right over left (8).

[33 – 40] Samba Whisk's, ½ turn into Syncopated bota Fogo's.

1,2& Step left long step to left side (1), Step back on right (2), Rock (recover) forward again onto left (&).
3,4& Step right long step to right (3), Step back on left (4), Rock (recover) forward again onto right (&).
5 Turn ½ turn left Crossing left over right (5). 12:00
6& Step right to right side (6), Rock (recover) back again onto left (&).
7,8& Cross right over left (7), Step left to left side (8), Rock (recover) back again onto right (&).

[41 – 50] Fallaway, Coaster Step, Point, Hitch.

- 1,2& Cross left over right (1), Step right to right side (&), Turn 1/8 turn left Stepping back on left (2). 10:30
- 3& Step back on right (3), Turn 1/8 left Stepping left to left side (&). 9:00
- 4 Turn 1/8 turn left Stepping forward on right (4). 7:30
- 5& Step forward on left (5), Turn 1/8 turn left Stepping right to right side &). 6:00
- 6 Turn 1/8 turn left Stepping back on left (6). 4:30
- 7&8 Step back on right (7), Step left next to right (&), Step forward on right (8). 4:30
- 9 Straight up to 6 O'clock and Point left toe to left side (9). 6:00
- 10 Turn 1/8 turn right and Hitch left knee across of right leg (10). 7:30

Start again jumping to the left side.
