

I'm in Shackles

拍數: 40 牆數: 2 級數:
編舞者: jordy van den berg (NL) & Kristiāna Skrindževska (LAT) - June 2023
音樂: Shackles - Steven Rodriguez



Restart in walls 2, 4, 5, 6 after 32 counts, but make the slow motion step on count 31, 1 count longer to restart again

Ball step, spiral turn, walks, mambo step, slide back, weave

- &. Step left to the left
1. Cross right foot over left foot
2. Turn 1 1/8 over your left shoulder while you keep your weight on the right foot
3. Step left foot forward (10:30)
4. Step right foot forward
5. Step left foot forward
- &. Recover back on right foot
6. Step left foot backwards
7. Slide your right foot backwards
8. Step your left foot behind right foot
- &. Step right foot next to left foot(12:00)

Weave, one leg turn, crazy walks, mambo step, triple step, sweep

1. Cross left foot over right
2. Turn 1 ¼ over right shoulder
3. Step right foot forward (3:00)
- &. Step left foot forward
4. Step right foot forward
5. Step left foot forward
- &. Recover back on right foot
6. Step left foot back
- &. Step right foot to the right making a ¼ turn over your right shoulder (facing 6:00)
7. Step left foot forward while making a ¼ turn over your right shoulder (facing 9:00)
8. Sweep the right back while making a ½ turn over your right shoulder (facing 3:00)
- &. Step left foot next to right foot

Spiral turn, spiral turn, weave, sweep

1. Cross your right foot over left foot
2. Make a 7/8 turn over your left shoulder
- &. Step left foot diagonally forward (1:30)
3. Lock you right foot behind your left foot
4. Unwind 7/8 turn over your right shoulder
5. Step left foot to the right
- &. Cross right foot behind left foot
6. Step left foot to the left
7. Sweep your right foot forward and make a ½ turn over your left shoulder
8. Touch your right foot next to left foot

Sweep, walks, slide back, coaster step, full turn, ball step, runs

1. Step right foot forward and sweep with the left forward
2. Step left foot forward
- &. Step right foot to the right
3. Cross left foot diagonally back of the right foot

4. Step right foot back (facing 4:30)
- &. Step left foot next to right foot
5. Step right foot forward
- &. Step left foot forward
6. Make a full turn
7. stand on the ball of the right foot for the slow motion effect
8. Step left foot forward
- &. Step right foot to the right

Dorothy, Dorothy, step turn, step sweep,

1. Step left foot forward
 2. Step right foot to the right (facing 6:00)
 - &. Cross left foot behind right foot
 3. Step right foot forward
 - &. Step left foot to the side
 4. Cross right foot behind left foot
 - &. Step left foot forward
 5. Step right foot forward
 6. Step left foot forward
 - &. Make a half turn over your right shoulder
 7. Step left foot forward
 - &. Make a half turn over your right shoulder and sweep your right foot back
 8. Stand on the right foot
-