

Unshackled

拍數: 32 牆數: 4 級數: Improver
編舞者: Gregory F. Huff (USA) - March 2024
音樂: Shackles (Praise You) - Mary Mary



16 count intro; start dance at :12 in song

CHARLESTON SWIVELS*

- 1&2& On the ball of your left foot swivel your left heel left, swivel left foot ball right & left as you place the ball of your right foot forward swiveling your right heel right & left, step right foot next to left
- 3&4& On the ball of your right foot swivel your right heel right, swivel right foot ball left & right as you place the ball of your left foot backward swiveling your left heel left & right, step left foot next to right
- 5&6& On the ball of your left foot swivel your left heel left, swivel left foot ball right & left as you place the ball of your right foot forward swiveling your right heel right & left, step right foot next to left
- 7&8& On the ball of your right foot swivel your right heel right, swivel right foot ball left & right as you place the ball of your left foot backward swiveling your left heel left & right, step left foot next to right

ROCK & COASTER, STEP ½ TURN RIGHT, SHUFFLE

- 1-2 Rock forward as you step your right foot forward, rock back on your left
- 3&4 Step right foot backward, step left next to right, step right foot forward
- 5-6 Step left foot forward, step right foot ½ turn right
- 7&8 Step left foot forward, step right next to left, step left foot forward

SOUL WALK, STEP ½ TURN LEFT, STEP ¼ TURN LEFT

- 1&2 Step right foot forward, lift right heel while keeping ball of right foot on floor, bring right heel down to the floor
- 3&4 Step left foot forward, lift left heel while keeping ball of left foot on floor, bring left heel down to the floor
- 5-6 Step right foot forward, step left foot ½ turn left
- 7-8 Step right foot forward, step left foot ¼ turn left

SIDE TO SIDE TOUCH, ROLLING PRAISE VINE, CLAP CLAP

- 1-2 Step right foot to the right, step left next to right
- 3-4 Step right foot to the right, touch left next to right
- 5-6 As you raise your arms above your head step left foot ½ turn on the left side, step right foot next to left
- 7&8 Step left foot ½ turn on the left side, clap, clap as you step right foot next to left and bring your arms down.

RESTART ON WALL 6 AT 1:57 IN MUSIC:
Complete first 16 counts of wall 6 then restart.

*Modify Charleston as needed for your comfort level. Do not do Charleston swivels wearing slip resistant footwear or on slip resistant surfaces.

Add your own style and have fun!!

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