

Shackled

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lynn Mackenzie (UK)
音樂: Shackles - Mary Mary



POINT, POINT, SAILOR STEP, POINT, POINT, SAILOR STEP

1-2 Point right toe in front of left, point right toe to right side
3&4 Cross right foot behind left, step left to left side, step right slightly forward
5-6 Point left toe in front of right, point left toe to left side
7&8 Cross left foot behind right, step right to right side, step left slightly forward

STEP DRAG, BEHIND IN FRONT, HIP BUMPS TWICE, BEHIND IN FRONT

1-2 Take large step to right side, dragging left together beside right, touch left in place
3&4 Cross left behind right, step right, cross in front
5-6 Weight on left, touch right slightly forward bumping hips twice to right side
7&8 Cross right behind left, step left, cross right in front

STEP DRAG, BEHIND IN FRONT, HIP BUMPS TWICE, BEHIND IN FRONT

1-2 Take large step to left side, dragging right together beside left, touch right in place
3&4 Cross right behind left, step left, cross right in front
5-6 Weight on right, touch left slightly forward bumping hips twice to left side
7&8 Cross left behind right, step right, cross left in front

STEP PIVOT ½ TURN, KICK-BALL CHANGE, FULL TURN, MAMBO

1-2 Step forward right, pivot ½ turn over left shoulder
3&4 Kick right forward, step ball of right in place, change weight to left foot in place
5-6 Full turn left, on a right, left
7&8 Rock forward right, replace weight on left, step back right

MAMBO ¼ TURN, PADDLE ½ TURN, KICK & POINT, COASTER STEP

1&2 Rock forward left, replace weight on right, while turning ¼ turn left, step left to left side
3&4 Point right toe to right side, pivot ½ turn on left foot hitching right knee, point right toe to right side
5&6 Kick right forward, step right in place, point left toe to left side
7&8 Step back left, step right beside left, step forward left

STEP PIVOT ½ TURN, LOCK STEP, FULL TURN, MAMBO

1-2 Step forward right, pivot ½ turn over left shoulder
3&4 Step forward right, lock left behind right, step forward right
5-6 Full turn over right shoulder, on a left, right
7&8 Rock forward left, replace weight on right, step back left

KICK & POINT, KICK & POINT, CROSS UNWIND, COASTER STEP

1&2 Kick right forward, step right in place, point left toe to left side
3&4 Kick left forward, step left in place, point right toe to right side
5-6 Cross right over left, unwind ½ turn over left shoulder
7&8 Step back right, step left beside right, step forward right

ROCK & CROSS, ROCK & CROSS, ROCK, RECOVER, COASTER STEP

1&2 Rock left to left side, recover, cross left over right
3&4 Rock right to right side, recover, cross right over left

5-6

Rock forward left, recover

7&8

Step back left, step right beside left, step forward left

REPEAT
