

Shackles

拍數: 32 牆數: 2 級數: Improver
編舞者: Peter McCreery (UK)
音樂: Shackles - Mary Mary



SLIDE, ROCK STEP, TWO ½ TURNS

- 1 Slide right foot to right side
- 2 Slide left foot beside right (keep weight on right)
- 3 Rock back on left foot
- 4 Rock forward onto right foot
- 5 Step left foot forward
- 6 ½ turn to the right
- 7-8 Repeat steps 5-6

ROCK STEP, COASTER STEP, TWO ½ TURNS

- 9 Rock forward on left foot
- 10 Rock back onto right foot
- 11&12 Coaster step; left, right, left
- 13 Step forward right
- 14 ½ turn to the left
- 15-16 Repeat steps 13-14

WALK FORWARD & BACK, SLIDE, COASTER CROSS

- 17 Walk forward on right foot
- 18 Walk forward on left foot
- 19 Walk back on right foot
- 20 Walk back on left foot
- 21 Slide back on right foot
- 22 Slide left foot together
- 23&24 Step back left, step right together, cross left over right

GRAPEVINE WITH ½ TURN, SIDE ROCK, CROSS SHUFFLE

- 25 Step right foot to right side
- 26 Cross left foot behind right
- 27 Step right foot to right side doing a ¼ turn to the right
- 28 Hitch left foot doing ¼ turn to the right
- 29 Rock onto left foot (on the left side)
- 30 Rock back onto right foot
- 31&32 Cross left over right, step right to right side, cross left over right

REPEAT
