

Shackles

拍數: 32 牆數: 4 級數: Improver
編舞者: Nicola Hoskinson (UK)
音樂: Shackles - Mary Mary



HEEL JACK, MAMBO ROCK LEFT, HEEL BALL CHANGE, MAMBO ROCK RIGHT

&1 Step back on left foot, touch right heel forward
&2 Transfer weight onto right foot, tap left foot next to right foot
3&4 Left foot to left side, rock to right, close left foot to right foot
5&6 Touch right heel forward, close right foot next to left foot, step left foot in place
7&8 Right foot to right side, rock to left, close right foot to left foot

SHUFFLE BACK LEFT, RIGHT, LEFT, ½ PIVOTS RIGHT TWICE, RIGHT SAILOR STEP, KICK CLOSE TAP

9&10 Step left foot back, close right foot to left foot, step left foot back
11 On ball of left foot, pivot ½ turn to right, stepping right foot forward
12 On ball of right foot pivot ½ turn to right, stepping left foot back
13-14 Cross right foot behind left foot, step left foot to left side, step right foot to right side
15&16 Kick left foot forward, close left foot to right foot, tap right foot next to left foot

WALK RIGHT, LEFT, STEP TURN ¼ LEFT, CHASSE RIGHT, SHUFFLE BACK LEFT, RIGHT, LEFT

17-18 Walk forward right, left (with sweeping actions)
19-20 Step forward on right foot, turn ¼ left stepping left foot to left side
21&22 Step right foot to right side, close left foot to right foot, step right foot to right side
23&24 Step back left foot, close right foot to left foot, step back left foot

CROSS, SIDE, ½ PIVOTS RIGHT TWICE, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, STOMP AND CLAP TWICE

25-26 Cross right foot over left foot, step left foot to left side
27 On ball of left foot, pivot ½ turn right, stepping right foot to right side
28 On ball of right foot pivot ½ turn right, stepping left foot to left side
29&30 Step forward right, close left to right, step forward right
31&32 Stomp left next to right, clap twice

REPEAT
