

# 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

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