

# The Shackles Dance

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Debbie Scrimsher (USA)  
音樂: Shackles - Mary Mary



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## FORWARD & BACK MAMBO BASICS

1&2            Step forward on left, replace weight onto right, step left next to right  
3&4            Step back on right, replace weight onto left, step right next to left

## ½ TURN PIVOT RIGHT, STOMP, CLAP, CLAPP

5-6            Place ball of left foot forward, pivot ½ turn to right, ending with weight on right foot  
7&8            Stomp left foot forward, clap, clap

## FORWARD & BACK MAMBO BASICS

9&10           Step forward on right, replace weight onto left, step right next to left  
11&12          Step back on left, replace weight onto right, step left next to right

## ½ TURN PIVOT LEFT, STOMP, CLAP, CLAPP

13-14          Place ball of right foot forward, pivot ½ turn to left, ending with weight on left foot  
15&16          Stomp right foot forward, clap, clap

## SIDE MAMBO'S WITH CROSS STEPS

17&18          Step left to left, replace weight onto right, cross step left in front of right  
19&20          Step right to right, replace weight onto left, cross step right in front of left

## SIDE ROCK, CROSSING TRIPLES

21-22          Step left to left, replace weight onto right  
23&24          Cross step left in front of right, step slightly to right on right, cross step left in front of right

## STEP ¼ TURN RIGHT, ½ TURN PIVOT RIGHT WITH TRIPLE

25-26          Step right foot ¼ turn to right, step forward on left and pivot ½ turn to right  
27&28          Replace weight onto right foot, slide ball of left foot slightly forward, step forward on right

## SPIRAL TURN TO RIGHT, TRIPLE

29-30          Step forward on left, turn full turn to right, ending with weight still on left and legs crossed  
31&32          Step forward on right, slide ball of left foot slightly forward, step forward right

REPEAT

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