

# Shackles

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jo Thompson Szymanski (USA) - June 2011  
音樂: Til the Shackles Fall Off - Scooter Lee



Alt. music: Cricket On A Line by Colt Ford Feat Rhett Akins. CD: Chicken & Biscuits.

Start dancing on lyrics

## Toe Struts Forward, Rocking Chair

1-2            Step right toe forward, drop right heel  
3-4            Step left toe forward, drop left heel  
5-6            Rock right forward, recover to left  
7-8            Rock right back, recover to left

## Toe Struts Forward, Jazz Box ¼ Turn

1-2            Step right toe forward, drop right heel  
3-4            Step left toe forward, drop left heel  
5-6            Cross right over left, step left back  
7-8            Turn ¼ right, step right to side, cross left over right

## Vine Right, Stomp Together, Heels Left Twice

1-2            Step right to side, cross left behind right  
3-4            Step right to side, gentle stomp left together putting weight on both feet  
5-6            Shift both heels left, both heels center (weight on balls of both feet)  
7-8            Shift both heels left, both heels center (weight goes to right)

## Vine Left, Stomp Together, Heels Right Twice

1-2            Step left to side, cross right behind left  
3-4            Step left to side, gentle stomp right together putting weight on both feet  
5-6            Shift both heels right, both heels center (weight on balls of both feet)  
7-8            Shift both heels right, both heels center (weight goes to left)

Repeat

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