

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
