

Shackles

拍數: 32 牆數: 4 級數: Beginner
編舞者: Yeo Yu Puay (MY) - March 2012
音樂: Shackles (Praise You) - Mary Mary : (Album: Thankful)



Intro: 16 counts.

[1-8] Side touches (R&L), Cross step, point(R&L)

1-4 Step R to right(1), touch L behind R(2), Step L to left(3), touch R behind L(4)

Styling: as you do counts 1-4, pop shoulders back(on the beats) and forward(on the & beats)

5-6 Cross R over L, rotating right forearm clockwise for two rounds(5), point L to left, throwing hand to left(6)

7-8 Cross L over R, rotating right forearm anti-clockwise for two rounds(7), point R to right, throwing hand to right(8)

[9-16] Toe Switches, Side together point with body or hip rolls(2x)

&1&2 Step R beside L(&) point L to left(1), Step L beside R(&), point R to right(2),

&3&4 Step R beside L(&), point L to left(3), Step L beside R(&), point R to right(4)

Styling: punch left hand up diagonally right as you point L to left (counts 1 and 3) and punch R hand up diagonally left as you point R to right (counts 2 and 4).

(ON WALL 6 (facing 9.00): Add TAG at bottom of page and RESTART)

5&6 Body roll to right, shifting weight to R(5), step L beside R(&), point R to right(6)

7&8 Body roll to right, shifting weight to R(7), step L beside R(&), point R to right(8)

Alternative to body rolls, roll your hip a semicircle from left back to right (anti-clockwise) on counts 5 and 7

[17-24] Kick step point (R&L), Jazz box with 1/4 right

1&2 Kick R forward, punch both hands forward(1), step R beside L(&), point L to left, punch both hands down to sides and click fingers(2)

3&4 Kick L forward, punch both hands forward(3), step L beside R(&), point R to right, punch both hands down to sides and click fingers(4)

5-8 Cross R over L(5), step L back(6), turning 1/4 right, step R to right(7), step L to left, feet a shoulder width apart(8)(3.00)

[25-32] Shoulder pops, Walks with 1/2 turn right

1-2 Pop shoulders right(1), left(2)

3&4& Pop shoulders right(3) left(&) right(4) left(&)

5-8 Walk R(5) L(6) R(7) L(8) in a big semi-circle turning 1/2 right(9.00)

Repeat

TAG & RESTART: On WALL 6, do up to count 12 of the dance (toe switches) and then add the following 4 counts tag (facing 9.00)

[13-16] Out Out In In (2x)

&5&6 Step R out to right(&), step L out to left(5), step R in to centre(&), step L beside R(6)

&7&8 Step R out to right(&), step L out to left(7), step R in to centre(&), step L beside R(8)

Restart dance from beginning

OPTIONAL ENDING: On wall 10(facing 12.00), do the first 8 counts, and when you hear the singer say "Take a walk, take a walk", keep repeating counts 5-8 as you casually saunter off the dance floor

Contact: Yu Puay: yeoyp95@gmail.com

