

Shackled

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Kate Sala (UK) - March 2012
音樂: Shackled and Drawn - Bruce Springsteen : (Album: Wrecking Ball)



Start after a 28 count intro - 19 seconds in.

Side, Touch, Side, Touch, Right Chasse, Touch, Side, Touch, Side, Touch, Left Chasse, Touch.

- 1 & 2 & Step R to right side. Touch L toe next to R instep. Step L to left side. Touch R toe next to L instep.
- 3 & 4 & Step R to right side. Step L next to R. Step R to right side. Touch L toe next to R instep.
- 5 & 6 & Step L to left side. Touch R toe next to L instep. Step R to right side. Touch L toe next to R instep.
- 7 & 8 & Step L to left side. Step R next to L. Step L to left side. Touch R toe next to L instep.

Forward, Touch, Back, Kick, Run Back, Step Back, Heel Dig, Forward, Touch x 2.

- 1 & 2 & Step forward on R. Touch L to behind R instep. Step back on L. Kick R foot forward.
- 3 & 4 Run back on R, L, R.
- 5 & 6 & Step back on L. Dig R heel forward. Step forward on R. Touch L toe next to R instep.
- 7 & 8 & Step back on L. Dig R heel forward. Step forward on R. Touch L toe next to R instep.

Run Forward, Step Pivot 1/4 Turn Left x 2, Cross, Side Rock, Recover.

- 1 & 2 Run forward on L, R, L.
- 3 4 5 6 Step forward on R. Pivot 1/4 Turn left. Step forward on R. Pivot 1/4 turn left. 6 o'clock
- 7 & 8 Cross step R over L. Side rock on L out to left side. Recover on to R.

Weave Right, Tap Out, In, Step Right, Rock Back, Recover, Step Left, Rock Back, Recover, Step Right.

- 1 & 2 Cross step L behind R. Step R to right side. Cross step L over R.
- 3 & 4 Tap R toe out to right side. Tap R toe next to L instep. Step out on R to right side.
- 5 & 6 Cross rock on L behind R. Recover on to R. Step L to left side.
- 7 & 8 Cross rock on R behind L. Recover on to L. Step R to right side. *(Tag on wall 4)

Touch Behind, Pivot 1/4 Turn Left, Shuffle, Touch Behind, Pivot 1/4 Left, Cross Shuffle.

- 1 2 Touch L toe behind R heel. Pivot 1/4 turn left. Weight on L. 3 o'clock.
- 3 & 4 Step forward on R. Step L next to R. Step forward on R.
- 5 6 Touch L toe behind R heel. Pivot 1/4 turn left. 12 o'clock.
- 7 & 8 Cross step R over L. Step L to left side. Cross step R over L.

Rumba Box, Rock Back, Recover, Step Forward, Step Pivot 1/2 Turn Left.

- 1 & 2 Step L to left side. Step R next to L. Step forward on L.
- 3 & 4 Step R to right side. Step L next to R. Step back on R.
- 5 & 6 Rock back on L. Rock forward on R. Step forward on L.
- 7 8 Step forward on R. Pivot 1/2 turn L.

Start Again.

*4 Count Tag: During Wall 4. Dance up to count 32 then add the 4 count tag.

- 1 - 4 Touch L toe behind R heel. Unwind 1/2 turn L. Weight on L.

Start again from the beginning of the dance.