

Shackles

拍數: 50 牆數: 4 級數: Improver
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音樂: Shackles - Thorsteinn Einarsson



Intro : 8 counts (~4 sec.)

(I) Walk, Walk, Achor Step with sweep, back sweep, back sweep, behind, side, cross

1-2 Step RF forward(1), Step LF forward(2)
3&4 Step RF behind LF(3), Weight on LF(&), Weight on RF while sweeping LF back(4)
5-6 springy Step LF back while sweeping RF(5), springy Step RF back while sweeping LF(6)
7&8 Step LF behind RF(7), Step RF right(&), Cross LF in front of RF(8)

(II) Side Rock, Cross Shuffle, Turn, Side, Cros Rock, Side

1-2 Rock RF right(1), Recover on LF(2)
3&4 Cross RF in front of LF(3), small Step left with LF(&), Cross RF in front of LF(4)
5-6 Turn ¼ right stepping LF back(5)(3:00), Step RF right(6)
7&8 Rock LF in front of RF(7), Recover on RF(&), Step LF left(8)

(III) Heel & Toe & Toe & Heel, Rock Revover, Shuffle back

1&2& Dig right heel forward(1), Close RF next to LF(&), Point LF left(2), Close LF next to RF(&)
3&4& Point RF right(3), Close RF next to LF(&), Dig left heel forward(4), Close LF next to RF(&)
5-6 Rock RF forward(5), Recover on LF(6)
7&8 Step RF back(7), Close LF next to RF(&), Step RF back(8)

Restart in wall 2 changing counts 7&8 in Block III to a right back Rock(7), Recover on LF(8)

(IV) Back Rock, Shuffle forward, running ¾ Turn right

1-2 Rock LF back(1), Recover on RF(2)
3&4 Step LF forward(3), Close RF next to LF(&), Step LF forward(4)
5-6 Turn 1/8 right stepping RF forward, Turn 1/8 right stepping LF forward
7&8 Turn ½ right running right(7), left(&), right(8)(12:00)

(V) Cross, Side, Behind, Heel, Step ½ Turn(2x)

1-2 Cross LF in front of RF(1), Step RF right(2)
3&4 Step LF behind of RF(3), Close RF next to LF(&), Dig left heel to left diagonal(4)(10:30)
&5-6 Close LF next to RF(&), Step RF forward(5), Turn ½ left(6)(4:30)
7-8 Step RF forward(7), Turn ½ left(8)(10:30)

(VI) Jazz Box with 3/8 Turn right, Out, Out, Swivel together, Back Rock, Recover

1-2 Cross RF in front of LF(1), Turn 1/8 right stepping LF back(2)(12:00)
3-4 Turn ¼ right stepping RF forward(3:00), Step LF forward(4)
&5-6 Step RF diagonally right out(&), Step LF left(5)
6-7-8 Both Heels in(6), Both Toe in(7), Both Heels in(8)

(VI) Back Rock, Recover

1-2 Rock RF back(1), Recover on LF(2)

Start again - Have Fun

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