

# Shackled

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**Count:** 32

**Wall:** 4

**Level:** Low Intermediate Hip Hop

**Choreographer:** Chip Hubbard – Aug 2015

**Music:** Shackles On My Feet by RJ's Latest Arrival

## Start dancing on lyrics

### WALK, WALK, SHUFFLE, ROCK, RECOVER, LEFT COASTER

- 1-2 Step right forward, step left forward
- 3-4 Chasse forward right-left-right
- 5-6 Rock left forward, recover to right
- 7&8 Left coaster step

### STEP RIGHT TURN 1/2 LEFT TWICE, STEP, BEHIND, RIGHT HEEL JACKS

- 1-2 Step right forward, turn  $\frac{1}{2}$  left (weight to left)
- 3-4 Step right forward, turn  $\frac{1}{2}$  left (weight to left)
- 5-6 Step right side, cross left behind
- &7&8 Step right side, touch left heel diagonally forward, step left together, cross right over

### STEP, BEHIND, LEFT HEEL JACKS, SWAY RIGHT-LEFT-RIGHT-LEFT

- 1-2 Step left side, cross right behind
- &3&4 Step left side, touch right heel diagonally forward, step right together, cross left over
- 5-6 Rock right side and sway hip right, sway hip left
- 7-8 Sway hip right, recover to left and sway hip left

### CROSS POINT, CROSS POINT, CROSS POINT, CROSS TOUCH

- 1-2 Cross right over, touch left side
- 3-4 Cross left behind, turn  $\frac{1}{8}$  left and touch right side
- 5-6 Cross right behind, touch left side
- 7-8 Cross left behind, turn  $\frac{1}{8}$  left and touch right side (bend right knee)

## REPEAT

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