

# SHACKLED

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Lynn Mackenzie

**Music:** Shackles by Mary Mary

## POINT, POINT, SAILOR STEP, POINT, POINT, SAILOR STEP

- 1-2 Point right toe in front of left, point right toe to right side
- 3&4 Cross right foot behind left, step left to left side, step right slightly forward
- 5-6 Point left toe in front of right, point left toe to left side
- 7&8 Cross left foot behind right, step right to right side, step left slightly forward

## STEP DRAG, BEHIND IN FRONT, HIP BUMPS TWICE, BEHIND IN FRONT

- 1-2 Take large step to right side, dragging left together beside right, touch left in place
- 3&4 Cross left behind right, step right, cross in front
- 5-6 Weight on left, touch right slightly forward bumping hips twice to right side
- 7&8 Cross right behind left, step left, cross right in front

## STEP DRAG, BEHIND IN FRONT, HIP BUMPS TWICE, BEHIND IN FRONT

- 1-2 Take large step to left side, dragging right together beside left, touch right in place
- 3&4 Cross right behind left, step left, cross right in front
- 5-6 Weight on right, touch left slightly forward bumping hips twice to left side
- 7&8 Cross left behind right, step right, cross left in front

## STEP PIVOT ½ TURN, KICK-BALL CHANGE, FULL TURN, MAMBO

- 1-2 Step forward right, pivot ½ turn over left shoulder
- 3&4 Kick right forward, step ball of right in place, change weight to left foot in place
- 5-6 Full turn left, on a right, left
- 7&8 Rock forward right, replace weight on left, step back right

## MAMBO ¼ TURN, PADDLE ½ TURN, KICK & POINT, COASTER STEP

- 1&2 Rock forward left, replace weight on right, while turning ¼ turn left, step left to left side
- 3&4 Point right toe to right side, pivot ½ turn on left foot hitching right knee, point right toe to right side

**5&6** Kick right forward, step right in place, point left toe to left side

**7&8** Step back left, step right beside left, step forward left

### **STEP PIVOT ½ TURN, LOCK STEP, FULL TURN, MAMBO**

**1-2** Step forward right, pivot ½ turn over left shoulder

**3&4** Step forward right, lock left behind right, step forward right

**5-6** Full turn over right shoulder, on a left, right

**7&8** Rock forward left, replace weight on right, step back left

### **KICK & POINT, KICK & POINT, CROSS UNWIND, COASTER STEP**

**1&2** Kick right forward, step right in place, point left toe to left side

**3&4** Kick left forward, step left in place, point right toe to right side

**5-6** Cross right over left, unwind ½ turn over left shoulder

**7&8** Step back right, step left beside right, step forward right

### **ROCK & CROSS, ROCK & CROSS, ROCK, RECOVER, COASTER STEP**

**1&2** Rock left to left side, recover, cross left over right

**3&4** Rock right to right side, recover, cross right over left

**5-6** Rock forward left, recover

**7&8** Step back left, step right beside left, step forward left

### **REPEAT**