

# SHACKLES

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Nicola Hoskinson

**Music:** Shackles by Mary Mary

## HEEL JACK, MAMBO ROCK LEFT, HEEL BALL CHANGE, MAMBO ROCK RIGHT

- &1** Step back on left foot, touch right heel forward
- &2** Transfer weight onto right foot, tap left foot next to right foot
- 3&4** Left foot to left side, rock to right, close left foot to right foot
- 5&6** Touch right heel forward, close right foot next to left foot, step left foot in place
- 7&8** Right foot to right side, rock to left, close right foot to left foot

## SHUFFLE BACK LEFT, RIGHT, LEFT, ½ PIVOTS RIGHT TWICE, RIGHT SAILOR STEP, KICK CLOSE TAP

- 9&10** Step left foot back, close right foot to left foot, step left foot back
- 11** On ball of left foot, pivot ½ turn to right, stepping right foot forward
- 12** On ball of right foot pivot ½ turn to right, stepping left foot back
- 13-14** Cross right foot behind left foot, step left foot to left side, step right foot to right side
- 15&16** Kick left foot forward, close left foot to right foot, tap right foot next to left foot

## WALK RIGHT, LEFT, STEP TURN ¼ LEFT, CHASSE RIGHT, SHUFFLE BACK LEFT, RIGHT, LEFT

- 17-18** Walk forward right, left (with sweeping actions)
- 19-20** Step forward on right foot, turn ¼ left stepping left foot to left side
- 21&22** Step right foot to right side, close left foot to right foot, step right foot to right side
- 23&24** Step back left foot, close right foot to left foot, step back left foot

## CROSS, SIDE, ½ PIVOTS RIGHT TWICE, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, STOMP AND CLAP TWICE

- 25-26** Cross right foot over left foot, step left foot to left side
- 27** On ball of left foot, pivot ½ turn right, stepping right foot to right side
- 28** On ball of right foot pivot ½ turn right, stepping left foot to left side

**29&30** Step forward right, close left to right, step forward right

**31&32** Stomp left next to right, clap twice

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=37738](https://www.linedance.com/index.php?f=dance_view&id=37738)