

# Shackles

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**Count:** 50      **Wall:** 4      **Level:** Improver

**Choreographer:** Dirk Leibing (DE) - August 2021

**Music:** - Thorsteinn Einarsson

**Sequence: Walls 1-13, No Tag, No Restart**

**Intro: Bachata Rumba Basic 8C (Skip Intro Instrumental)**

**S1. L cross over R Recover, Hip Bumps**

**1 2L cross over R Recover**

**3 4L, R Hip Bump**

**5 6R Fwd  $\frac{1}{4}$  Turn, L Hip Bump**

**7 8L, R Hip Bump**

**S2. Cross Steps**

**1 2R Side,  $\frac{1}{8}$  Turn Recover L**

**3 4R cross over L, L Side  $\frac{1}{8}$  Turn Recover R**

**5 6L cross over R, R Side**

**7  $8\frac{1}{4}$  Turn L Back, R Promenade**

**S3. Forward and Backward Steps**

**1 2 3 4** Fwd - R, L, R Hip Bump

**5 6 7 8** Back - L, R, L  $\frac{1}{4}$  Turn Recover R

**S4. Pivot Steps**

**1  $2\frac{1}{4}$  Rhonde Turn L over R Recover L**

**3  $4\frac{1}{4}$  Rhonde Turn R over L Recover R**

**5 6 7 8** Full Spiral Turn Sideward - R, L, R Promenade

**Stay Fit, Keep on groovin' and live a healthier life. Enjoy guys, Always!!!**

**Best regards, Jesus Pacheco - Sydney Australia**

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