

## Shackled

48 Count, 2 Wall, Improver

Choreographer: Kate Sala (Eng) March 2012

Choreographed to: Shackled and Drawn by Bruce Springsteen,  
Album: Wrecking Ball

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Start after a 28 count intro - 19 seconds in.

**1 Side, Touch, Side, Touch, Right Chasse, Touch, Side, Touch, Side, Touch, Left Chasse, Touch.**

1 & 2 & Step R to right side. Touch L toe next to R instep. Step L to left side. Touch R toe next to L instep.

3 & 4 & Step R to right side. Step L next to R. Step R to right side. Touch L toe next to R instep.

5 & 6 & Step L to left side. Touch R toe next to L instep. Step R to right side. Touch L toe next to R instep.

7 & 8 & Step L to left side. Step R next to L. Step L to left side. Touch R toe next to L instep.

**2 Forward, Touch, Back, Kick, Run Back, Step Back, Heel Dig, Forward, Touch x 2.**

1 & 2 & Step forward on R. Touch L to behind R instep. Step back on L. Kick R foot forward.

3 & 4 Run back on R, L, R.

5 & 6 & Step back on L. Dig R heel forward. Step forward on R. Touch L toe next to R instep.

7 & 8 & Step back on L. Dig R heel forward. Step forward on R. Touch L toe next to R instep.

**3 Run Forward, Step Pivot 1/4 Turn Left x 2, Cross, Side Rock, Recover.**

1 & 2 Run forward on L, R, L.

3 4 5 6 Step forward on R. Pivot 1/4 Turn left. Step forward on R. Pivot 1/4 turn left. 6 o'clock

7 & 8 Cross step R over L. Side rock on L out to left side. Recover on to R.

**4 Weave Right, Tap Out, In, Step Right, Rock Back, Recover, Step Left, Rock Back, Recover, Step Right.**

1 & 2 Cross step L behind R. Step R to right side. Cross step L over R.

3 & 4 Tap R toe out to right side. Tap R toe next to L instep. Step out on R to right side.

5 & 6 Cross rock on L behind R. Recover on to R. Step L to left side.

7 & 8 Cross rock on R behind L. Recover on to L. Step R to right side. \*(Tag on wall 4)

**5 Touch Behind, Pivot 1/4 Turn Left, Shuffle, Touch Behind, Pivot 1/4 Left, Cross Shuffle.**

1 2 Touch L toe behind R heel. Pivot 1/4 turn left. Weight on L. 3 o'clock.

3 & 4 Step forward on R. Step L next to R. Step forward on R.

5 6 Touch L toe behind R heel. Pivot 1/4 turn left. 12 o'clock.

7 & 8 Cross step R over L. Step L to left side. Cross step R over L.

**6 Rumba Box, Rock Back, Recover, Step Forward, Step Pivot 1/2 Turn Left.**

1 & 2 Step L to left side. Step R next to L. Step forward on L.

3 & 4 Step R to right side. Step L next to R. Step back on R.

5 & 6 Rock back on L. Rock forward on R. Step forward on L.

7 8 Step forward on R. Pivot 1/2 turn L.

**\*4 Count Tag:** During Wall 4. Dance up to count 32 then add the 4 count tag.

1 – 4 Touch L toe behind R heel. Unwind 1/2 turn L. Weight on L.

Start again from the beginning of the dance.