



Approved by:

*Jo Thompson*



# Shackles

## 4 WALL – 32 COUNTS – BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Toe Strut Forward x 2, Rocking Chair</b>		
1 – 2	Step right toe forward. Drop right heel taking weight.	Toe Strut	Forward
3 – 4	Step left toe forward. Drop left heel taking weight.	Toe Strut	
5 – 6	Rock forward on right. Recover onto left.	Rock Forward	On the spot
7 – 8	Rock back on right. Recover onto left.	Rock Back	
<b>Section 2</b>	<b>Toe Strut Forward x 2, Jazz Box 1/4 Turn Cross</b>		
1 – 2	Step right toe forward. Drop right heel taking weight.	Toe Strut	Forward
3 – 4	Step left toe forward. Drop left heel taking weight.	Toe Strut	
5 – 6	Cross right over left. Step left back.	Cross Back	Back
7 – 8	Make 1/4 turn right and step right to right side. Cross left over right.	Turn Cross	Turning right
<b>Section 3</b>	<b>Grapevine Right, Stomp Together, Heels Left x 2</b>		
1 – 2	Step right to right side. Cross left behind right.	Side Behind	Right
3 – 4	Step right to right side. Stomp left gently beside right, weight onto both feet.	Side Stomp	
5 – 6	Swivel both heels left. Swivel both heels to centre (weight on balls of both feet).	Heels Heels	On the spot
7 – 8	Swivel both heels left. Swivel both heels to centre (weight onto right).	Heels Heels	
<b>Section 4</b>	<b>Grapevine Left, Stomp Together, Heels Right x 2</b>		
1 – 2	Step left to left side. Cross right behind left.	Side Behind	Left
3 – 4	Step left to left side. Stomp right gently beside left, weight onto both feet.	Side Stomp	
5 – 6	Swivel both heels right. Swivel both heels to centre (weight on balls of both feet).	Heels Heels	On the spot
7 – 8	Swivel both heels right. Swivel both heels to centre (weight onto left).	Heels Heels	

**Choreographed by:** Jo Thompson Szymanski (US) June 2011

**Choreographed to:** 'Till The Shackles Fall Off' by Scooter Lee from CD Sing A New Song; available from [www.dancingforthedream.com](http://www.dancingforthedream.com) or [www.scooterlee.com](http://www.scooterlee.com); download available from [amazon.com](http://amazon.com) or [itunes.com](http://itunes.com) (start on vocals). Jo choreographs dances for Dancing For The Dream Health Charity, the creation of Scooter Lee and Jo.



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)