

# Shackled

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**Count:** 48

**Wall:** 2

**Level:** Easy Intermediate

**Choreographer:** Kate Sala (Eng) March 2012

**Music:** 'Shackled and Drawn' by Bruce Springsteen [Album 'Wrecking Ball']. 3:43mins

**Start after a 28 count intro - 19 seconds in.**

**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.

**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.

**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.

**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)

**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.

**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.

**Start Again.**

**\*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.**