



# Break These Shackles

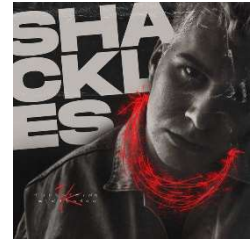
Choreographed by **Cato Larsen**

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<b>Description:</b>	50 counts, 2 Wall LineDance.
<b>Level:</b>	Intermediate +
<b>Music:</b>	Shackles – Thorsteinn Einarsson.
<b>CD:</b>	Digital Download only.
<b>Intro:</b>	Start the dance at vocals after 8 counts of intro. (8 seconds).
<b>Motion:</b>	Smooth (West Coast Swing).
<b>Tempo:</b>	84 BPM.
<b>SOD:</b>	Speed Of Dance; Normal
<b>Videolink:</b>	
<b>Dance #:</b>	157

<b>1 – 8</b>	<b>Side Jump, together, Mambo Sweep, Back Rock, 3/8 turn, Shuffle ½ turn.</b>	
8&1	Turn 1/8 turn left Jumping left to left side (&), Step right next to left (1).	10:30
2	Snap your fingers with arms down and out at 7:30 (2).	
3&	Step forward on left (3), Rock (recover back again on right (&).	
4	Step back on left Sweeping right foot out and back (4).	
5&	Step back on right (5), Rock (recover) forward again onto left (&).	
6	Turn 3/8 turn left Stepping back on right (6).	9:00
7&8	Shuffle ½ turn left Stepping L,R,L (7&8).	3:00
<b>9 – 16</b>	<b>¼ turn &amp; Point, Unwind ½ turn, Cross Rock ¼ turn, Step, ¾ turn &amp; Point, Body/Snake Roll.</b>	
&	Turn ¼ turn left Stepping right to right side (&).	12:00
1	Point left behind right foot Looking right and Snapping fingers to right side (1).	6:00
2	Unwind ½ turn left (2). (Over rotate the turn slightly).	
3&	Cross right over left (3), Rock (recover) back again onto left (&).	
4	Turn ¼ turn right Stepping forward on right (4).	9:00
5&6	Step forward on left (5), Turn (swivel) ¾ turn right (&), Point left toe to left side (6).	6:00
7,8	Body/Snake Roll left to transfer weight onto left leg (7,8).	
<b>17 – 24</b>	<b>Sailor Step, Weave, Back Rock, Side, “Break These Shackles” arms.</b>	
1,2	Cross right behind left (1), Step left slightly left (&), Step right slightly right (2).	
3&	Cross left behind right (3), Step right to right side (&).	
4&	Cross left over right (4), Step right to right side (&).	
5&6	Cross left behind right (5), Rock (recover) forward again onto right (&), Step left to left side (6).	
7	Cross arms in front of your chest where the wrist is the crossing point, closed fists (7).	
8	“Break these Shackles” by throwing your hands down to each side with attitude (8).	
<b>25 – 32</b>	<b>Jazz Box ¼ turn, Step, ½ turn, ¼ turn into Side Mambo cross, Syncopated Scissor Step.</b>	
1&2	Cross right over left (1), Step back on left (&), Turn ¼ turn right Stepping forward on right (2).	3:00
3,4	Step forward on left (3), Turn (swivel) ½ turn right (4).	
5&	Turn ¼ turn right Stepping left to left side (5), Rock (recover) back again onto right (&).	6:00
6	Cross left over right (6).	
&7,8	Step right to right side (&), Step left next to right (7), Cross right over left (8).	
<b>33 – 40</b>	<b>Samba Whisk’s, ½ turn into Syncopated bota Fogo’s.</b>	
1,2&	Step left long step to left side (1), Step back on right (2), Rock (recover) forward again onto left (&).	12:00
3,4&	Step right long step to right (3), Step back on left (4), Rock (recover) forward again onto right (&).	
5	Turn ½ turn left Crossing left over right (5).	
6&	Step right to right side (6), Rock (recover) back again onto left (&).	
7,8&	Cross right over left (7), Step left to left side (8), Rock (recover) back again onto right (&).	
<b>41 – 50</b>	<b>Fallaway, Coaster Step, Point, Hitch.</b>	
1,2&	Cross left over right (1), Step right to right side (&), Turn 1/8 turn left Stepping back on left (2).	10:30
3&	Step back on right (3), Turn 1/8 left Stepping left to left side (&).	9:00
4	Turn 1/8 turn left Stepping forward on right (4).	7:30
5&	Step forward on left (5), Turn 1/8 turn left Stepping right to right side (&).	6:00
6	Turn 1/8 turn left Stepping back on left (6).	4:30
7&8	Step back on right (7), Step left next to right (&), Step forward on right (8).	4:30
9	Straight up to 6 O’clock and Point left toe to left side (9).	6:00
10	Turn 1/8 turn right and Hitch left knee across of right leg (10). <i>Start again jumping to the left side.</i>	7:30

