

# ABBA Reloaded

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Melissa Lau (NZ) - September 2021

Musik: Don't Shut Me Down (Kay Stafford Mix) - ABBA

oder: Don't Shut Me Down - ABBA : (slower option))



Long intro, dance begins after 48 counts for Kay Stafford Mix; 48 secs for ABBA original.

## ROCKING CHAIR, MODIFIED MONTEREY ½ TURN

- 1, 2, 3, 4      Rock R fwd, recover weight on L, rock R back, recover weight on L (12:00)  
5, 6, 7, 8      Point R to side, ½ turn right stepping R next to L taking the weight onto R, point L to side, cross L over R (6:00)

## BACK-SIDE-CROSS, LEFT CHASSE, BACK ROCK-RECOVER, ¼ LEFT BACK

- 1, 2, 3      Step R back, step L to side, cross R over L (JAZZ BOX CROSS)  
4&5      Step L to side, step R next to L, step L to side  
6, 7      Rock R back, recover weight on L  
8      Turn ¼ left stepping R back (3:00)

## ½ LEFT FWD, WALK R, FWD SHUFFLE, 2x CROSS BACK-POINT

- 1, 2      Turn ½ left stepping L fwd, step R fwd (9:00)  
3&4      Step L fwd, step R next to L, step L fwd  
5, 6, 7, 8      Step R behind L, point L to side, step L behind R, point R to side

## SAILOR, ¼ LEFT SAILOR, ¼ LEFT PIVOT, KICK BALL CHANGE

- 1&2      Swing R behind L, step L to side, step R to side  
3&4      Swing L behind R turning ¼ left, step R next to L, step L to side (6:00)  
5, 6      Step R fwd, pivot ¼ turn left transferring weight onto L (3:00)  
7&8      Kick R fwd, step ball of R next to L, step L slightly fwd

\* RESTART: on wall 5 after 16 counts with step change (facing 6 o'clock)

Count 16 Touch R beside L

\* ENDING (Kay Stafford Mix): on last wall (11), dance up to 17 counts, then step R fwd pivoting ½ left to face the front.

\* ENDING (ABBA original): on last wall (10), dance up to 28 counts to face the front