

ABBA Reloaded

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Melissa Lau (NZ) - September 2021
音乐: Don't Shut Me Down (Kay Stafford Mix) - ABBA
或: 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