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拍數: 32

級數: Intermediate

編舞者: Michael Lynn (UK) - August 2021

音樂: Don't Shut Me Down - ABBA

(48 secs, 16 count intro from heavy beat, 109 bpm)

Music Available on iTunes, Amazon Music, 7Digital, Spotify, etc

S1: WALKS x2, 1/4 PIVOT TURN CROSS, 1/2 HINGE, CROSS, SIDE ROCK RECOVER

- 1-2 Walk forward right, walk forward left
- Rock forward right, recover left as you 1/4 left, cross right over left (09:00) 3&4
- 5-6 Step back left as you 1/4 turn right, step right to right side making a 1/4 turn right (03:00)
- Cross left over right, rock right to right side, recover left 7-8-1

S2: 1/2 SAILOR RIGHT, 1/2 VOLTA TURN RIGHT-SWEEP, CROSS & HEEL, BALLSTEP TOE & HEEL

- 2& Cross right behind left turning 1/2 right, step left beside right (09:00)
- 3&4 1/4 turn right step right to right side, close left next to right (12:00)
- 4 1/4 turn right step right to right side as you sweep left from back to front (03:00)
- 5&6 Cross left over right, step right to right side, touch left heel to left diagonal

&7&8 Step left beside right, touch right beside left, step right in place, touch left heel to left diagonal RESTART: Wall 5 you will be facing the front, dance upto count 14, add a 1/4 turn left as you step right in place bringing you back to 12:00 as you touch left heel forward, step left beside right and start the dance again.

S3: BALLSTEP-CROSS SIDE, BACK CROSS SHUFFLE, LEFT TOUCH, 3/4 SPIRAL, FORWARD LOCKSTEP

- &1-2 Step left beside right, cross right over left, step left to left side
- 3&4 Cross right behind left, step left to left side, cross right behind left
- 5-6 Touch left toe to left side, 3/4 spiral left hooking left across right knee (06:00)
- 7&8 Step forward left, lock right behind left, step forward left

S4: PADDLE 1/4 LEFT x2, BALLSTEP-TOUCH-FORWARD-SIDE, 1/2 SAILOR LEFT, TWIST 1/2 RIGHT

- 1-2 1/4 turn left touching right toe to right side, 1/4 turn left touching right toe to right side (12:00)
- &3-4 Step right beside left, touch left toe forward, touch left toe to left side
- 5&6 Cross left behind right turning 1/2 left, step right beside left, step forward (06:00)
- 7-8 Twist 1/2 turn right, twist 1/2 turn left as you flick the right foot (weight on left)

RESTART:

Wall 5 you will be facing the front, dance upto count 14 and dance as follows with a slight change of step.

1/4 turn left as you step right in place, touch left heel forward, step left beside right (weight on &8& left).





牆數:2