

ABBACHa

Compte: 32

Mur: 1

Niveau: Easy Beginner

Chorégraphe: Nathalie Damar (LUX) - June 2022

Musique: Don't Shut Me Down - ABBA



Intro : 46 sec (1 or 4 walls)

Alt.: ABBA - Don't Shut Me Down DanceMix (118 Bpm) - Intro 42 sec

Alt.: Last Christmas - Wham!

I choreographed this dance for my beginners to learn the shuffles and the pivot ½ turns

Variations: Do it a 4 wall dance or/and do it on a faster tempo by taking the Dancemix of the song

WEAVE TO L - ROCK, RECOVER, SIDE SHUFFLE

1 - 4 Cross R over L, Step L to side, Cross R behind L, Step L to Side

5 - 6 Cross Rock R over L, Recover on L

7&8 Step R to side, Step L together, Step R to side

WEAVE TO R - ROCK, RECOVER, SIDE SHUFFLE

1 - 4 Cross L over R, Step R to side, Cross L behind R, Step R to Side

5 - 6 Cross Rock L over R, Recover on R

7&8 Step L to side, Step R together, Step L to side

***Restart here on wall 5**

For advanced Beginners : Do it a 4 wall dance, by making a Shuffle ¼ turn L on 7&8

STEP ½ TURN, SHUFFLE FWD – ROCK, RECOVER, COASTER STEP

1 - 2 Step fwd R, Pivot ½ turn L (6h)

3&4 Step R fwd, Step L next to R, Step R fwd

5 - 6 Rock fwd L, Recover on R,

7&8 Step back on L, Step R next to L, Step fwd L

STEP ½ TURN, SHUFFLE FWD – ROCK, RECOVER, COASTER STEP

1 - 2 Step fwd R, Pivot ½ turn L (12h)

3&4 Step R fwd, Step L next to R, Step R fwd

5 - 6 Rock fwd L, Recover on R,

7&8 Step back on L, Step R next to L, Step fwd L

***RESTART after 16 counts on wall 5 (12:00) - If you do 4 walls, you will be at 9:00**

Last Update: 17 Nov 2023