

Don't Shut Me Down

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Annette Lapp (DK) - September 2021
音乐: Don't Shut Me Down - ABBA : (Album: Single - iTunes)



Intro: 64 count

It's a long intro. You can wait or you can do following after 16 count, 3 times:

Side together, side together right and left.

Walk forward right, left right, touch, walk back left, right, left, touch

The main dance:

Run, Run, Run on The Spot, ¼ turn Left Chasse, Back Rock, ¼ Turn Right, Tap Left in Front

- 1 & 2 Run right, left, right on the spot
- 3 & 4 Turn ¼ to the left stepping left to left, step right beside left, step left to left
- 5 - 6 Rock right back, recover on left
- 7 - 8 ¼ turn right stepping right back, tap left in front of right and snap fingers

Step Touch, Shuffle Forward, Heel Switches, Forward Rock, Recover

- 1 - 2 Step left forward, step right beside left
- 3 & 4 Step left forward, touch right beside left, step left forward
- 5 & 6 & Touch right heel forward, step right beside left, step left heel forward, step left beside right
- 7 - 8 Rock right forward, recover onto left

Chasse Right, ¼ Turn Right with Back Rock, ½ Turn Shuffle Left, Back Rock

- 1 & 2 Step right to right, step left beside right, step right to right
- 3 - 4 ¼ turn right stepping left back, recover onto right
- 5 & 6 1/4 turn left stepping left to left, right beside left, ¼ turn left stepping left back
- 7 - 8 step right back, recover onto left

Right Diagonal Forward, Touch, Left Diagonal Shuffle Back, Right Diagonal Back, Touch, Left Diagonal Forward with ¼ Turn Left (a sort of "K - Step" with ¼ turn)

- 1 - 2 Step right diagonally forward, touch left beside right
- 3 & 4 Step left diagonally back, step right beside left, step left back
- 5 - 6 Step right diagonally back, touch left
- 7 & 8 ¼ turn left stepping left to left, step right beside left, step left to left

Restart on wall 1 and 6 after 16 count (12.00)

Ending: You end the dance on wall 6. (06.00) Make an unwind and pose...

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