

# Abba (Laura Laffs)

COPPERKNOB  
STEPSHEETS

拍数: 0      墙数: 0      级数:  
编舞者: William Sevone (UK)  
音乐: Waterloo - ABBA



**Position:** Dance starts with feet slightly apart, both lines facing same direction (side by side)  
**Sequence:** Line A starts the dance with PART A while Line B starts the dance with PART B. After 48 counts, you will have switched to the opposite line, so you do the opposite part. Line A becomes Line B and dances Part B, and vice versa. Hence, the title of the dance; ABBA.  
**Specially commissioned to celebrate the 10th birthday of Laura Hull of Manchester, England**

## PART A

### WALK FORWARD, HOLD WITH HEAD TURN, WALK BACKWARD, TOUCH TOGETHER

- 1-4      Walk forward: right, left, right, touch left foot next to right  
5      Hold, (turn head to the right)  
6-9      Walk backwards: left, right, left, touch right foot next to left  
  
10-11      With ¼ turn right - step right foot to side, step left foot next to right  
12-13      (Funky chicken) split heels - at same time (with hands at tummy level) bend elbows forward, repeat  
14      With a ¼ turn left - step back onto left foot

### 3X HITCH 'N' SCOOT

- 15      Hitch right knee & scoot forward on left foot  
16      Scoot forward on right foot & hitch left knee  
17      Scoot forward on left foot & hitch right knee

**Style note: on the above 3 counts both hands are joined behind back**

- 18&19      With a 1/8 turn left - right shuffle forward  
20&21      With a 1/8 turn left - left shuffle forward  
22&23      With a 1/8 turn left - right shuffle forward  
24&25      With a 1/8 turn left - left shuffle forward  
26-28      Walk forward - right, left, with a ¼ turn left cross right foot over left  
29      Step left foot next to right  
30-31      Raise hands to head height, move hands forward, (palms now touching partner's)  
  
32-33      Move left arm to 9:00 position, return to place  
34-35      Move right arm to 3:00 position, return to place  
36-37      Slap left hand against partner's right, slap right hand against partner's left  
38      Bunny hop both feet ¼ turn right  
39-40      Swing hips to left - bumping your partner, repeat  
41-42      Bunny hop both feet ¼ turn left, repeat  
43-44      Swing hips to right - bumping your partner, repeat  
45      Bunny hop both feet ¼ turn right  
46-47      Raise hands to head height, push hands forward, (palms now touching 'partners')  
48      Pushing hands away - step back onto right foot, with a ¼ turn right

**You should now be facing the opposite wall. Line A has now become Line B and vice versa. Hence the title "ABBA". Continue the dance to the full 96 counts. The second part of the dance is a line reversal of the first part.**

**The turning shuffles within counts 18 to 25 and 66 to 73 are very tight you need to end up around an arms length away from your contra 'partner'**

## **PART B**

### **WALK FORWARD, HOLD WITH HEAD TURN, WALK BACKWARD, TOUCH TOGETHER**

- 1-4 Walk forward: left, right, left, touch right foot next to left  
5 Hold, (turn head to the left)  
6-9 Walk backward: right, left, right, touch left foot next to right  
  
10-11 With ¼ turn left - step left foot to side, step right foot next to left  
12-13 (Funky chicken) split heels - at same time (with hands at tummy level) bend elbows forward, repeat  
14 With a ¼ turn right - step back onto right foot

### **3X HITCH 'N' SCOOT**

- 15 Hitch left knee & scoot forward on right foot  
16 Scoot forward on left foot & hitch right knee  
17 Scoot forward on right foot & hitch left knee  
  
18&19 With a 1/8 turn right - left shuffle forward  
20&21 With a 1/8 turn right - right shuffle forward  
22&23 With a 1/8 turn right - left shuffle forward  
24&25 With a 1/8 turn right - right shuffle forward  
26-28 Walk forward - left, right, with a ¼ turn right, cross left foot over right  
29 Step right foot next left  
30-31 Raise hands to head height, move hands forward, (palms now touching partner's)  
  
32-33 Move right arm to 3:00 position, return to place  
34-35 Move left arm to 9:00 position, return to place  
36-37 Slap right hand against partner's left, slap left hand against partner's right  
38 Bunny hop both feet ¼ turn left  
39-40 Swing hips to right - bumping your partner, repeat  
41-42 Bunny hop both feet ¼ turn right, repeat  
43-44 Swing hips to left - bumping your partner, repeat  
45 Bunny hop both feet ¼ turn left  
46-47 Raise hands to head height, push hands forward, (palms now touching partner's)  
48 Pushing hands away - step back onto left foot, with a ¼ turn left
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