

Don't Shut Me Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - September 2021
音樂: Don't Shut Me Down - ABBA



#16 count intro from hard beat (just enjoy the long singing intro) - 1 Restart

S1: Rock recover, behind side cross & cross, turn 1/4 R back, coaster step

1-2 Rock R to right side, recover L
3&4 Step R behind L, step L to left side, cross R over L
&5-6 Step L to left side, cross R over L, turn 1/4 right step L back 3:00
7&8 Step R back, step L beside R, step R fwd

S2: Turn 1/4 R rock recover, kick ball change, walk walk, mambo step

1-2 Turn 1/4 right rock L to left side, recover R 6:00
3&4 Kick L fwd, step down on L, step R fwd
5-6 Walk fwd L, R
7&8 Rock L fwd, recover R, step L slightly back

***** Restart here on Wall 5 facing 6:00

S3: Side, behind & cross & cross, turn 1/4 L, turn 1/2 L, shuffle

1-2& Step R to right side, step L behind R, step R to right side
3&4 Cross L over R, step R to right side, cross L over R
5-6 Turn 1/4 left step R back, turn 1/2 left step L fwd 9:00
7&8 Shuffle fwd R L R

S4: Heel & toe & heel & step, rock recover, run run run

1&2& Touch L heel fwd, step down on L, touch R toe beside L, step down on R
3&4 Touch L heel fwd, step down on L, step R fwd
5-6 Rock L fwd, recover R
7&8 Run back L R L

Wall 10: the last wall and ends facing 3:00.....

Change S4: 7&8 to 'run back L R, turn 1/4 L step L to left side' to face front