

Don't Shut Me Down

拍數: 32 牆數: 2 級數: Improver
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音樂: Don't Shut Me Down - ABBA



(2+2 walls)

Walk back R, L. Coaster Step. Step Pivot ½ Turn Right. Left Shuffle forward.

1-2 Walk back on R, walk back on L
3&4 Step back on R, step L beside R, step forward on R
3-4 Step forward on L Pivot ½ turn right (6)
7&8 Shuffle forward L, R, L.

Forward Rock. Back Lock Step. Back Rock. ¼ Turn Left, Chasse L

1-2 Rock forward on R, Recover on L
3&4 Step back on R, step L beside R, step back on R
5-6 Rock back on L, Recover onto R.
7&8 Turn ¼ turn right, steppin L into chasse left, stepping L. R. L. (9)

Restart on wall 5 after 16 counts SEE NOTE

R Sailor Step. Step Behind, Side, Cross. Side Rock ¼ Turn Left. Step ¾ Turn Left.

1&2 Step R behind L, Step L to left side. Step R in place.
3&4 Step L behind R, Step R to right side, Step L across R.
5-6 Rock R to right side, turn ¼ turn left, recovering onto L. (6)
7-8 Turn ¼ stepping R to right side, Turn ½ turn left stepping L to left side. (9)

Cross Rock. Chasse ¼ Turn Right. Step Pivot ½ Turn Left. Forw. Mambo Step.

1-2 Cross rock R over L, Recover onto L.
3&4 Step R into chasse ¼ turn right, stepping R. L. R. (12)
5-6 Step forward on L, Pivot ½ turn right (6)
7&8 Rock forward on L, Recover on R, step back on L.

Start Again & Happy Dancing

***Note: Restart on wall 5 after 16 counts facing 3 o'clock**

***3 o'clock and 9 o'clock will be the new starting and ending walls.**