

Don't Shut Me Down

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Runa (DK) - September 2021
音樂: Don't Shut Me Down - ABBA : (iTunes)



Intro: 16 count / Approx 48 sec.

S1. Walk, walk, fwd shuffle, step ½ pivot, R full turn (L+R)

1-2 Step fwd on R, step fwd on L
3&4 Step fwd on R, step L beside R, step fwd on R
5-6 Step fwd on L, ½ turn R taking weight on R (6:00)
7-8 Step back on L ½ turn R, step fwd on R ½ turn R (6:00)

S2. Fwd shuffle, fwd rock, recover, ball, fwd rock, recover, coaster-step

1&2 Step fwd on L, step R beside L, step fwd on L
3-4& Rock fwd on R, recover on L, step R beside L
5-6 Rock fwd on L, recover on R
7&8 Step back on L, step R beside L, step fwd on L

RESTART here on wall 5 facing 6:00

S3. Cross, ¼, chassé, cross-rock, recover, shuffle back ½ turn L

1-2 Cross R over L, step back on L ¼ turn R (9:00)
3&4 Step R to R side, step L beside R, step R to R side
5-6 Cross-rock L over R, recover on R
7&8 Step back on L ¼ turn L, step R beside L, step fwd on L ¼ turn L (3:00)

S4. Heel grind ¼ turn R, back, behind ¼ turn R, side, fwd, step ½ pivot, kick-ball-heel

1-2 Step fwd on R heel and as you grind turn ¼ R, step back on L (6:00)
3&4 Step R behind L ¼ turn R, step L to L side, step fwd on R (9:00)
5-6 Step fwd on L, ½ turn R taking weight on R (3:00)
7&8 Kick L fwd, step L beside R, touch R heel diag fwd