

# Don't Shut Me Down

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

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