

Don't Shut Me Down EZ

拍數: 32 牆數: 4 級數: Beginner +
編舞者: Ron Harris (CAN) - October 2021
音樂: Don't Shut Me Down - ABBA



Intro 16 counts from heavy beat, 48 seconds into the music
One restart on the 5th wall facing 12 o'clock after 16 counts restart

Section 1. RF ROCK RECOVER COASTER STEP, LF ROCK RECOVER COASTER STEP

1-2 step RF forward, Recover on LF
3 & 4 Rock back on RF, step LF beside RF, step forward on RF
5-6 . Step LF forward, recover on the RF
7 & 8 Rock back on LF, step RF beside LF, step forward on LF

Section 2. VAUDEVILLE STEP RIGHT, VAUDEVILLE STEP LEFT

1-2 & Step RF to side, step LF behind right, Step RF back,
3 & 4 Touch left heel diagonal forward, Step LF back, step RF across left
5-6 & Step LF to side, step RF behind left, step left back
7 & 8 Step touch right heel diagonal forward, Step RF back, step LF across right

Section 3. SIDE STEP, BEHIND, SHUFFLE TO THE RIGHT, CROSS ROCK, TURNING 1/4 TURN RIGHT, RECOVER, SHUFFLE LEFT MAKING 1/2 TURN LEFT

1-2 Step RF to right, step LF behind right
3&4 Step RF to right, step LF next to RF, step RF to the right
5-6 Cross Rock LF over RF making 1/4 turn right, recover on RF
7&8 Step back on LF 1/4 turn left, step RF next to LF, step on LF making 1/4 turn left

Section 4. STEP FORWARD AND CROSS AND POINTX X4

1-2 Step forward on RF crossing LF, point LF to the left side
3-4 Step forward on LF crossing RF, point RF to the right side
5-6 Step forward on RF crossing LF, point LF to the left side
7-8 Step forward on LF crossing RF, point RF to the right side

Repeat

Restart on the 5th wall facing 12 o'clock after 16 counts restart the round

To end the dance as the music slows for Section 4 steps 7 and 8

7-8 Step forward on the LF turning 1/4 turn right facing 12 o'clock, step RF beside LF