

Don't Shut Me Down

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Maryloo (FR) - December 2021
音樂: Don't Shut Me Down - ABBA



Intro : 38 seconds + 16 counts

Optional INTRO (38 seconds + 16 counts):

*1-38 seconds : You can do slow movements like this :

Slow sway to R, slow sway to left, slightly shuffle to R side,
(Swing both arms from right to left, make a circle with the arms anticlockwise)

Slow sway to L, slow sway to R, slightly shuffle to L side
(Swing both arms from left to right, make a circle with the arms clockwise)

*16 counts : Touch R fwd, step R next to L (Make snaps with your fingers), Touch L fwd, step L next to R (Make snaps with your fingers)

THE DANCE :

R SHUFFLE FWD, L SHUFFLE FWD, ROCK FWD, COASTER STEP

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

PIVOT ¼ TURN RIGHT, CROSS SHUFFLE, SIDE ROCK, WEAVE

1-2 Step L fwd, pivot ¼ turn R (weight on R) (3.00)
3&4 Cross L over R, step R to side, cross L over R
5-6 Rock R to side, recover on L
7&8 Step R behind L, step L to side, cross R over L

LEFT SIDE ROCK, COASTER STEP, ROCKING CHAIR

1-2 Rock L to side, recover on R
3&4 Step L back , step R next to L, step L fwd
5-8 Rock R fwd, recover on L, rock R back , recover on L

PIVOT ¼ TURN LEFT (2X), JAZZ BOX

1-2 Step R fwd, pivot ¼ turn to left (weight on L) (12.00)
3-4 Step R fwd, pivot ¼ turn to left (weight on L) (9.00)
5-8 Cross R over L, step L back , step R to side, step L fwd

RESTART : During the wall 5, after 16 counts (3.00) : replace (7&8) with :

7&8 Step R behind L, step L to side, touch R next to L