

# ABBACHa

COPPERKNOB  
STEPSHEETS

拍數: 32                      牆數: 1                      級數: Easy Beginner  
編舞者: Nathalie Damar (LUX) - June 2022  
音樂: Don't Shut Me Down - ABBA



Intro : 46 sec (1 or 4 walls)

Alt.: ABBA - Don't Shut Me Down DanceMix (118 Bpm) - Intro 42 sec

Alt.: Last Christmas - Wham!

I choreographed this dance for my beginners to learn the shuffles and the pivot ½ turns  
Variations: Do it a 4 wall dance or/and do it on a faster tempo by taking the Dancemix of the song

## WEAVE TO L - ROCK, RECOVER, SIDE SHUFFLE

1 - 4                      Cross R over L, Step L to side, Cross R behind L, Step L to Side

5 - 6                      Cross Rock R over L, Recover on L

7&8                      Step R to side, Step L together, Step R to side

## WEAVE TO R - ROCK, RECOVER, SIDE SHUFFLE

1 - 4                      Cross L over R, Step R to side, Cross L behind R, Step R to Side

5 - 6                      Cross Rock L over R, Recover on R

7&8                      Step L to side, Step R together, Step L to side

**\*Restart here on wall 5**

**For advanced Beginners : Do it a 4 wall dance, by making a Shuffle ¼ turn L on 7&8**

## STEP ½ TURN, SHUFFLE FWD – ROCK, RECOVER, COASTER STEP

1 - 2                      Step fwd R, Pivot ½ turn L (6h)

3&4                      Step R fwd, Step L next to R, Step R fwd

5 - 6                      Rock fwd L, Recover on R,

7&8                      Step back on L, Step R next to L, Step fwd L

## STEP ½ TURN, SHUFFLE FWD – ROCK, RECOVER, COASTER STEP

1 - 2                      Step fwd R, Pivot ½ turn L (12h)

3&4                      Step R fwd, Step L next to R, Step R fwd

5 - 6                      Rock fwd L, Recover on R,

7&8                      Step back on L, Step R next to L, Step fwd L

**\*RESTART after 16 counts on wall 5 (12:00) - If you do 4 walls, you will be at 9:00**

Last Update: 17 Nov 2023