

Don't Shut Me Down Full

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rex Chuan (USA) & Vivian Chen (USA) - December 2022
音樂: Don't Shut Me Down - ABBA



Tags: 0 - Restarts: 1

Start: Immediately after the piano prompt (about one count in length), do the prelude dance, and then the main dance

Sequence: Prelude, 32,16,32,32,32,32,16,32,32,32,32,24

Prelude

S1: Side, Pivot Turn, Side

1234 Turn head right(1,2), Step RF R(3,4)
5678 Quarter turn R and step LF forward(5), quarter turn R and recover weight on RF(5), half turn R and step LF L(7,8) (12:00)

S2: Back Cross, Sailor Step, Pivot Turn

1234 Cross RF behind LF and sweep LF backwards(1,2), cross LF behind RF(3), step RF R(4)
5678 Step LF forwards(5), quarter turn L and tap RF together(6), step RF forwards(7), L half turn swivel on LF(8) (3:00)

S3: Walk (L-R), Pivot Turn, Cross

1234 Step LF forwards(1,2), step RF forwards(3,4)
5678 Step LF forwards(5), R quarter turn and recover weight on RF(6), cross LF(7,8) (6:00)

S4: Side Rock, Recover, Cross, Pivot Turn, Side

1234 Step RF R(1), recover weight on LF(2), cross LF (3,4)
5678 Step LF L(5), R quarter turn and recover weight on RF(6), R quarter turn and step LF L(7,8) (12:00)

Main Dance

S1: Forward, Hitch, Shuffle, Forward, Back Tap, Back, Side, Cross Shuffle

12&3&4 Step RF forwards(1), hitch LF(2), step LF forwards(&), lock RF in(3), step LF forwards(&), step LF forwards(4)
56&7&8 Tap LF behind RF(5), step LF backwards(6), R quarter turn and step RF R(&), cross LF(7), step RF R(&), cross LF(8) (3:00)

S2: Dorothy, Rock, Recover, Back, Lunge, Pivot Turn

12&34 Step RF R(1), cross LF behind(2), step RF R(&), rock LF forwards(3), recover(4)
5678 Step LF backwards(5), turn body quarter L in lunge position(6), R quarter turn and recover weight on RF(7), R quarter turn and step LF L(8) (6:00)

S3: Vaudeville, Step, Tap, Side, Tap, Side, Tap

1&2&3&4& R quarter turn and step RF forwards(1), R quarter turn and step LF L(&), tap R heel diagonally(2), step RF in place(&), cross LF(3), step RF R(&), tap L heel diagonally(4), L quarter turn and step LF in place(&)
56&7&8 Tap RF together(5), hold 6, step RF R(&), tap LF together(7), L quarter turn and step LF L(&), tap RF together(8) (6:00)

S4: Dorothy (R-L), Circle Walk X4 (R-L-R-L)

12&34& Step RF forwards diagonally(1), lock LF in(2), step RF forwards(&), step LF forwards diagonally(3), lock RF in(4), step LF forwards(&)

5678

Cross RF(5), L $\frac{3}{8}$ turn and step LF forward, L $\frac{3}{8}$ turn and step RF backwards diagonally(7), step LF forwards(8) (9:00)

Enjoy the dance!
