

# DON'T SHUT ME DOWN

**Level:** Easy Intermediate **Genre:** Pop  
**Artist:** ABBA  
**Choreo:** Cheryl Holland & Peter Wee  
**Speed:** Normal **Length:** 3:21  
**Sequence:** Intro 1, Intro 2, A, B, C, A, B, Ending  
**Wait:** 32 Beats (Start on the words "I Realise")

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## Quick Cues

### Intro 1 (32 Beats)

4 2 Step Touch  
4 Stepping Vine (L)  
4 2 Step Touch  
4 Stepping Vine (R)  
2 Basketball Turn (1/2 R)  
2 Step Rock Step (FWD)  
2 Basketball Turn (1/2 L)  
2 Step Rock Step (FWD)  
8 Long Jazz Box

### Intro 2 (16 Beats)

16 2 Clogover Slur Turn (1/2 L ea)

### Part A (64 Beats)

4 Finn  
4 Rockaway Quick Turkey  
8 Slurring High Horse (1/4 L)  
**48 REPEAT 3 TIMES**

### Part B (64 Beats)

16 2 Basic Knock & Hop (1/4 L ea)  
4 2 Brush Up  
4 Rocking Chair (1/2 L)  
4 Triple Brush (FWD)  
4 Triple (BK)  
8 2 Windster  
4 2 Brush Up  
4 Rocking Chair (1/2 L)  
16 2 Basic Knock & Hop (1/4 L ea)

### Part C (16 Beats)

8 Clog Vine Walk  
4 Kentucky Basic (R)  
4 Fancy Double

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## Quick Cues

### Part A (64 Beats)

4 Finn  
4 Rockaway Quick Turkey  
8 Slurring High Horse (1/4 L)  
**48 REPEAT 3 TIMES**

### Part B (64 Beats)

16 2 Basic Knock & Hop (1/4 L ea)  
4 2 Brush Up  
4 Rocking Chair (1/2 L)  
4 Triple Brush (FWD)  
4 Triple (BK)  
8 2 Windster  
4 2 Brush Up  
4 Rocking Chair (1/2 L)  
16 2 Basic Knock & Hop (1/4 L ea)

### Ending (28 Beats)

4 2 Brush Up  
4 Rocking Chair  
4 2 Basic  
4 2 Rock Pull  
4 4 Toe Heel (softly)  
4 Rockaway Quick Turkey  
4 Half Yes Ma'am



# Step Definitions - Don't Shut Me Down

## STEP TOUCH:

(P) S(OTS) (P) TCH(BS)  
L R  
& 1 & 2

## STEPPING VINE:

(P) S(OTS) (P) S(XIB) (P) S(OTS) (P) TCHH(OTS)  
L R L R  
& 1 & 2 & 3 & 4

## BASKETBALL TURN:

(P) S(FWD) PVT(1/2 R) S  
L L R  
& 1 & 2

## STEP ROCK STEP:

(P) S RS  
L RL  
& 1 & 2

## LONG JAZZ BOX:

T-H(OTS) T-H(XIF) T-H(BK) T-H(OTS) T-H(XIF) T-H(BK) T-H(OTS) T-H(BS)  
L L R R L L R R L L R R L L R R  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

## CLOGOVER SLUR TURN:

DS(OTS) DS(XIF) DS(OTS) SLR-S(XIB) DS DT(XIF) BA/BA(XIF) PVT(1/2 L) LIFT/H RS  
L R L R R L R L/R L /R LR  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

## FINN:

DS(XIB) R(OTS) H(WGT & T IN) FL(T OUT) TT(BK) FL(T IN) S  
L R L L R L R  
& 1 & 2 & 3 & 4

## ROCKAWAY QUICK TURKEY:

R(OTS) H-FL(OTS) S(XIB) R(OTS) H-FL(OTS) S(XIB)  
L R R L R L R  
& 1 & 2 & 3 & 4

## BASIC:

DS RS  
L RL  
& 1 & 2

## SLURRING HIGH HORSE:

DS DT(XIF) SL DT(X) SL BA(OTS) BA(XIF) BA(BK) S(XIF) PVT(1/4 L) /SLR(REV) LIFT/S RS BR SL  
L R L R L R L R L L /R L /R LR L R  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

## BASIC KNOCK & HOP: (In this dance, turn 1/4 L on &! &2)

DS RS TT(BK&OTS) HOP H-S(F) TT(BK&OTS) HOP H-S(F) DS RS  
L RL R L R R L R L L R LR  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

## ROCKING CHAIR:

DS BR H DS RS  
L R L R LR  
& 1 & 2 & 3 & 4

## BRUSH UP:

DS BR H  
L R L  
& 1 & 2

## HALF YES MA'AM:

DS DS R S(OTS) (P) TT(BK)  
L R L R L  
& 1 & 2 & 3 & 4

## TRIPLE BRUSH:

DS DS DS BR H  
L R L R L  
& 1 & 2 & 3 & 4

## TRIPLE:

DS DS DS RS  
L R L RL  
& 1 & 2 & 3 & 4

## TOE HEEL:

T-H  
L L  
& 1

## WINDSTER:

DS BR(XIF) H BR(X) H RS (BR CAN BE DT)  
L R L R L RL  
& 1 & 2 & 3 & 4

## ROCK PULL:

R S(DIAG) PULL-S(BS)  
L R L L  
& 1 & 2

## CLOGVINE WALK:

DS(OTS) H-S(XIF) DS(OTS) TT-S(XIB) DS(OTS) H-S(XIF) DS RS  
L R R L R R L R R L RL  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

## KENTUCKY BASIC:

DS-DR S(XIF) DS RS  
L L R L RL  
& 1 & 2 & 3 & 4

## FANCY DOUBLE:

DS DS RS RS  
L R LR LR  
& 1 & 2 & 3 & 4