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| AC's ABBA Remix |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Alexis Strong (UK) & Caroline Cooper (UK) - August 2023 | | | | |
| **Music:** | Super Trouper - Martial Simon | | | | |
| . | | | | | | |

**INTRO 32 COUNTS (start on vocals)**

**SECTION 1 SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK BEHIND SIDE FWD (12)**

|  |  |
| --- | --- |
| 1-2 | Rock R to R side, recover L |
| 3&4 | Cross R behind L, step L to L side, Cross R over L |
| 5-6 | Rock L to L side, recover R |
| 7&8 | Cross L behind R, step R to R side, Step L fwd |

**SECTION 2 STEP ¼ TURN, STEP ¼ TURN, CROSS, SIDE, BACK LOCK STEP (6)**

|  |  |
| --- | --- |
| 1-2 | Step fwd R, turn ¼ L 9:00 |
| 3-4 | Step fwd R, turn ¼ L 6:00 |
| 5-6 | Cross R over L, step back L |
| 7&8 | Step back R, lock L across R, step back R |

**SECTION 3 BACK ROCK, SHUFFLE FWD, STEP ½ TURN, STEP ¼ TURN (9)**

|  |  |
| --- | --- |
| 1-2 | Rock back L, recover R |
| 3&4 | Step fwd L, step R next to L, step fwd L |
| 5-6 | Step fwd R, ½ turn L 12:00 |
| 7-8 | Step fwd R, ¼ turn L 9:00 |

**SECTION 4 CROSS SIDE SAILOR HEEL, TOGETHER, CROSS SIDE SAILOR HEEL (9)**

|  |  |
| --- | --- |
| 1-2 | Cross R over L, step L to L side |
| 3&4 | Step R behind L, step L to L side, tap R heel to R diagonal |
| &5-6 | Step R next to L, cross L over R, step R to R side |
| 7&8 | Step L behind R, step R to R side, tap L heel to L diagonal |

**SECTION 5 BALL CROSS ROCK, SHUFFLE ¼ TURN, HEEL SWITCHES, CLAP, CLAP (12)**

|  |  |
| --- | --- |
| &1-2 | Step L next to R, cross R over L, recover L |
| 3&4 | ¼ turn R stepping R fwd, close L next to R, step fwd R 12:00 |
| 5&6& | Tap L heel fwd, close L next to R, tap R heel fwd, close R next to L |
| 7&8 | Tap L heel fwd, clap, clap |

**SECTION 6 BALL, ROCK FWD, RECOVER, SHUFFLE ¼ TURN, JAZZ BOX (3)**

|  |  |
| --- | --- |
| &1-2 | Step L next to R, rock fwd R, recover L |
| 3&4 | ¼ turn R stepping R to R side, close L next to R, step R to R side 3:00 |
| 5-6 | Cross L over R, step back R |
| 7-8 | Step L to L side, step fwd R |

**SECTION 7 ROCK, RECOVER, SHUFFLE ½ TURN, HEEL SWITCHES, CLAP CLAP (9)**

|  |  |
| --- | --- |
| 1-2 | Rock L fwd, recover R |
| 3&4 | ¼ turn over L shoulder stepping L to L side, close R next to L, ¼ turn L stepping L fwd 12:00 |
| 5&6& | Tap R heel fwd, close next to L, tap L heel fwd, close next to R |
| 7&8 | Tap R heel fwd, clap clap |

**SECTION 8 BALL, ROCK FWD, RECOVER, SHUFFLE ¼ TURN, JAZZ BOX (6)**

|  |  |
| --- | --- |
| &1-2 | Step R next to L, rock fwd L, recover R |
| 3&4 | ¼ turn L stepping L to L side, close R next to L, step L to L side 9:00 |
| 5-6 | Cross R over L, step back L |
| 7-8 | Step R to R side, cross L over R |

**WE HOPE YOU ENJOY OUR CREATION! ANY QUESTIONS OR QUERIES PLEASE GET IN TOUCH!**

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