

Abba (Laura Laffs)

Count: 0

Wall: 0

Level:

Choreographer: William Sevone (UK)

Music: Waterloo - ABBA



Position: Dance starts with feet slightly apart, both lines facing same direction (side by side)

Sequence: Line A starts the dance with PART A while Line B starts the dance with PART B. After 48 counts, you will have switched to the opposite line, so you do the opposite part. Line A becomes Line B and dances Part B, and vice versa. Hence, the title of the dance; ABBA.

Specially commissioned to celebrate the 10th birthday of Laura Hull of Manchester, England

PART A

WALK FORWARD, HOLD WITH HEAD TURN, WALK BACKWARD, TOUCH TOGETHER

- 1-4 Walk forward: right, left, right, touch left foot next to right
- 5 Hold, (turn head to the right)
- 6-9 Walk backwards: left, right, left, touch right foot next to left
- 10-11 With ¼ turn right - step right foot to side, step left foot next to right
- 12-13 (Funky chicken) split heels - at same time (with hands at tummy level) bend elbows forward, repeat
- 14 With a ¼ turn left - step back onto left foot

3X HITCH 'N' SCOOT

- 15 Hitch right knee & scoot forward on left foot
- 16 Scoot forward on right foot & hitch left knee
- 17 Scoot forward on left foot & hitch right knee

Style note: on the above 3 counts both hands are joined behind back

- 18&19 With a 1/8 turn left - right shuffle forward
- 20&21 With a 1/8 turn left - left shuffle forward
- 22&23 With a 1/8 turn left - right shuffle forward
- 24&25 With a 1/8 turn left - left shuffle forward
- 26-28 Walk forward - right, left, with a ¼ turn left cross right foot over left
- 29 Step left foot next to right
- 30-31 Raise hands to head height, move hands forward, (palms now touching partner's)
- 32-33 Move left arm to 9:00 position, return to place
- 34-35 Move right arm to 3:00 position, return to place
- 36-37 Slap left hand against partner's right, slap right hand against partner's left
- 38 Bunny hop both feet ¼ turn right
- 39-40 Swing hips to left - bumping your partner, repeat
- 41-42 Bunny hop both feet ¼ turn left, repeat
- 43-44 Swing hips to right - bumping your partner, repeat
- 45 Bunny hop both feet ¼ turn right
- 46-47 Raise hands to head height, push hands forward, (palms now touching 'partners')
- 48 Pushing hands away - step back onto right foot, with a ¼ turn right

You should now be facing the opposite wall. Line A has now become Line B and vice versa. Hence the title "ABBA". Continue the dance to the full 96 counts. The second part of the dance is a line reversal of the first part.

The turning shuffles within counts 18 to 25 and 66 to 73 are very tight you need to end up around an arms length away from your contra 'partner'

PART B

WALK FORWARD, HOLD WITH HEAD TURN, WALK BACKWARD, TOUCH TOGETHER

- 1-4 Walk forward: left, right, left, touch right foot next to left
- 5 Hold, (turn head to the left)
- 6-9 Walk backward: right, left, right, touch left foot next to right

- 10-11 With ¼ turn left - step left foot to side, step right foot next to left
- 12-13 (Funky chicken) split heels - at same time (with hands at tummy level) bend elbows forward, repeat
- 14 With a ¼ turn right - step back onto right foot

3X HITCH 'N' SCOOTS

- 15 Hitch left knee & scoot forward on right foot
 - 16 Scoot forward on left foot & hitch right knee
 - 17 Scoot forward on right foot & hitch left knee

 - 18&19 With a 1/8 turn right - left shuffle forward
 - 20&21 With a 1/8 turn right - right shuffle forward
 - 22&23 With a 1/8 turn right - left shuffle forward
 - 24&25 With a 1/8 turn right - right shuffle forward
 - 26-28 Walk forward - left, right, with a ¼ turn right, cross left foot over right
 - 29 Step right foot next left
 - 30-31 Raise hands to head height, move hands forward, (palms now touching partner's)

 - 32-33 Move right arm to 3:00 position, return to place
 - 34-35 Move left arm to 9:00 position, return to place
 - 36-37 Slap right hand against partner's left, slap left hand against partner's right
 - 38 Bunny hop both feet ¼ turn left
 - 39-40 Swing hips to right - bumping your partner, repeat
 - 41-42 Bunny hop both feet ¼ turn right, repeat
 - 43-44 Swing hips to left - bumping your partner, repeat
 - 45 Bunny hop both feet ¼ turn left
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