

# AC's ABBA Remix

---

**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  
3-4 Step fwd R, turn ¼ L  
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  
7-8 Step fwd R, ¼ turn L

### 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 stepping R fwd, close L next to R, step fwd R  
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  
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  
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  
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!**

[linedancersoflinthorpe@outlook.com](mailto:linedancersoflinthorpe@outlook.com) (Caroline)  
[alexisstrong0421@gmail.com](mailto:alexisstrong0421@gmail.com) (Alexis)