

Cara Mamma

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: V&V Danzz (INA) - March 2022

Musique: Cara Mamma / Mamma Mia (Dance) - Regina Rey



No tag

Restart on W.6 after 8 C

Sec.1. Vine step to R, Vine step to L 1/4 turn L. or (Vine step to R, Rolling Vine L)

- 1-2. Step R side, step L back
- 3-4. Step R side, step L touch
- 5-6. Step L side, step R back
- 7-8. Step L side, step R touch

Sec.2. Rocking chair, pivot 1/2 turn, rock forward.

- 1-2. Rf rock forward, recover on L
- 3-4. Rf rock back, recover on L
- 5-6. Rf rock forward, pivot 1/2 turn
- 7-8. Rock forward R & L

Sec.3. Weave to L, flick, cross point, pivot 1/4 Turn L

- 1-2. Cross step R over L, L step side
- 3-4. Cross step R behind L, Flick L with facing R diagonal forward
- 5-6. Cross step L over R, Touch R toes to R side, Step L forward, 1/4 turn L

Sec.4. Rock forward, pivot 1/2 R chasse turn, coaster step.

- 1-2. Rf rock forward, recover on L
- 3-4. Rf 1/4 turn R, step together Rf/Lf, turn 1/4 R stepping RF forward
- 5-6. Lf rock forward, recover on R
- 7-8. Lf step back together Lf, Lf rock forward

Happy dancing & fun

V&V Danzz

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