

Mamma Mia

拍数: 32 墙数: 4 级数: Improver
编舞者: Chatti the Valley (ES) - October 2014
音乐: Mamma mia (He's italiano) (feat. Glance) - Elena



Intro: 16 Bpm: 136

[1-8]: Right CHASSE, Left Back ROCK STEP, Left CHASSE ¼ TURN, Right Back ROCK STEP.

1 Step right to right side
& Step left next to right foot
2 Step right to right side
3 Step left back
4 Recover weight on right foot
5 Step left to left side
& Step right next left foot
6 ¼ turn right, step left back (3:00)
7 Step right back
8 Recover weight on left

[9-16]: Right SHUFFLE, Right STEP TURN, Left SHUFFLE, Left ¼ STEP TURN.

1 Step right forward
& Step left forward, near right foot
2 Step right forward
3 Step left forward
4 ½ turn right, weight on right foot (9:00)
5 Step left forward
& Step right forward, near left foot
6 Step left forward
7 Step right forward
8 ¼ turn left, weight on Left foot (6:00)

[17-24]: Right SHUFFLE. Left SIDE, TOGETHER, Left Back SHUFFLE, Right COASTER STEP.

1 Step right forward
& Step left forward, near right foot
2 Step right forward
3 Step left to left side
4 Step right beside left foot
5 Step left back
& Step right back, near left foot
6 Step left back
7 Step right back
& Step left back, beside right foot
8 Step right forward

[25-32]: Left & Right POINT-HIP-STEP, Left ROCK STEP, Left SAILOR STEP ¼ TURN.

1 Touch left point forward with hip bump
& Recover weight on right foot
2 Step left on place
3 Touch right point forward with hip bump
& Recover weight on left foot
4 Step right on place
5 Step left forward

- 6 Recover weight on right foot
- 7 ¼ turn left, step left behind right foot (3:00)
- & Step right to right side
- 8 Step left to left side

START AGAIN

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