

# Mamma Maria (媽媽瑪麗亞) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Nina Chen (TW) - 2015年04月  
音乐: Mamma Maria by Melissa & Sebastian



**Intro: 32 counts (start on vocals) - No Tag & No Restart**

## S1. TWIST - CLAP. X2

1-4      Twist both heels (R L R) - Clap  
5-8      Twist both heels (L R L) - Clap  
1-4      右左右扭 - 拍手  
5-8      左右左扭 - 拍手

## S2. KICK BALL POINT. X2 - JAZZ BOX 1/4 TRUN R

1&2, 3&4      Kick RF forward - Step RF together - Point LF to L - Kick LF forward - Step LF together - Point RF to R  
5-8      Cross RF over LF - Step LF back - 1/4 trun R step RF to R - Step LF forward  
1&2, 3&4      右足前踢 - 右足回併踏 - 左足側點 - 左足前踢 - 左足回併踏 - 右足側點  
5-8      右足前交叉步 - 左足後踏 - 右轉 1/4 (3:00) 右足右踏 - 左足前踏

## S3. ROCK - RECOVER - BACK SHUFFLE - ROCK - RECOVER - FORWARD SHUFFLE

1-2, 3&4      Rock RF forward - Recover onto LF - Back Shuffle (R L R)  
5-6, 7&8      Rock LF back - Recover onto RF - Forward shuffle (L R L)  
1-2, 3&4      右足前下沉 - 重心回左足 - 後交換步 (右 左 右)  
5-6, 7&8      左足後下沉 - 重心回左足 - 前交換步 (左 右 左)

## S4. MONTEREY 1/4 TURN R. x2

1-4      Point RF to R - 1/4 turn R (6:00) step RF together - Point LF to L - Step LF together  
5-8      Point RF to R - 1/4 turn R (9:00) step RF together - Point LF to L - Step LF together  
1-4      右足側點 - 右轉 1/4 (6:00) 右足併踏 - 左足側點 - 左足併踏  
5-8      右足側點 - 右轉 1/4 (9:00) 右足併踏 - 左足側點 - 左足併踏

**Have Fun & Happy Dancing!**

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