

Mamma Mia

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Toni (USA) - July 2018
音乐: Mamma Mia - ABBA



TOUCH, KICK, TRIPLES

1-2 Touch R ball of foot to floor, kick R forward
3&4 Triple in place R, L, R
5-6 Touch L ball of foot to floor, kick L forward
7&8 Triple in place L, R, L

K-STEP

1-2 Step R in right diagonal, touch L beside R
3-4 Step L back in left diagonal, touch R beside L
5-6 Step R back in right diagonal, touch L beside R
7-8 Step L forward in left diagonal, touch R beside L

ROLLING GRAPEVINES R & L (ALT: VINE R, VINE L)

1-2 Step R to side making $\frac{1}{4}$ turn right, $\frac{1}{4}$ turn on the ball of R stepping L to left side
3-4 Pivot $\frac{1}{2}$ turn on ball of L stepping R to right, CLAP
5-6 Step L to side making $\frac{1}{4}$ turn left, $\frac{1}{4}$ turn on the ball of L stepping R to right side
7-8 Pivot $\frac{1}{2}$ turn on ball of R stepping L to left, CLAP

TOE STRUTS, KICK BALL CHANGE, $\frac{1}{2}$ PIVOT

1-2 Touch R toe forward, drop R heel, weighting R
3-4 Touch L toe forward, drop L heel, weighting L
5&6 Kick R forward, step on ball of R next to L, change weight to L in place
7-8 Step forward on R, pivot $\frac{1}{2}$ turn left on balls of both feet (weight on L)

TOE STRUTS, KICK BALL CHANGE, $\frac{1}{2}$ PIVOT

1-2 Touch R toe forward, drop R heel, weighting R
3-4 Touch L toe forward, drop L heel, weighting L
5&6 Kick R forward, step on ball of R next to L, change weight to L in place
7-8 Step forward on R, pivot $\frac{1}{2}$ turn left on balls of both feet (weight on L)

SIDE ROCK, CROSS and CROSS, SAILOR $\frac{1}{2}$ TURN

1-2 Rock R to right side, recover on L
3&4 Step R over L, step ball of L to left, step R over L
5-6 Rock L to left side, recover on R
7&8 Step L behind R, make $\frac{1}{4}$ turn left stepping R next to L, make $\frac{1}{4}$ turn left on ball of R stepping L slightly forward

REPEAT

Last Update: 17 Mar 2023