

Mamma Mia

拍数: 32 墙数: 4 级数: Beginner
编舞者: Dave Powney (UK) - August 2018
音乐: Mamma Mia - ABBA



Or slower track Dancing Queen by ABBA

[Section 1] STEP, TOUCH. STEP, TOUCH, STEP, TOUCH, STEP, TOUCH

1-2 Step L fwd (L diagonal), touch R next to L
3-4 Step R to R, touch L next to R
5-6 Step L back (L diagonal), touch R next to L
7-8 Step R to R, touch L next to R

[Section 2] CROSS ROCK, RECOVER, CHASSE, ROCK BACK. RECOVER, STEP, 1/4 TURN L (weight on L)

1-2 cross L over R, recover on R
3&4 step L to L, close R beside L, step L to L
5-6 cross rock R behind L recover on L
7-8 step R fwd , turn ¼ L

[Section 3] STEP KICK, STEP POINT X2

1-4 step R fwd, kick L fwd, step back L, point R back
5-8 repeat steps 1-4

[Section 4] SHUFFLE FWD X2, (R,L) GRAPEVINE R

1&2 step R fwd , close L beside R, step R fwd
3&4 step L fwd, close R beside L, step L fwd
5-8 step R to R, cross L behind R, step R to R, touch L next to R

End of dance

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