

MAMMA MIA Here We Go!

COPPERKNOB
STEPSHEETS

拍数: 168 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Michelle Fong (AUS) & Michael Fong (AUS) - August 2018
音乐: Mamma Mia - Meryl Streep



Intro: 32 Counts - Sequence: A, B, A, B, B

Part A (80 Counts)

A1: OUT-OUT-IN-IN, FWD, HOLD & BACK & BACK

1-2 Step R out to R with R hand out to R shoulder high palm facing up, Step L out to L with L hand out to L shoulder high palm facing up,
3-4 Step R back with R hand back to chest, Step L back with L hand back to chest
5-6 Step R FWD & point Index finger FWD hit on lyric "YOU", HOLD
(opt. style 5: body facing slightly diagonal L, look to front)
&7&8 Step L slightly back hitch R, Step R back, Recover L back hitch R, Step R back
Opt. hand style &7&8: position Like you are playing a guitar. (12.00)

A2: & FWD ROCK, 1/2R FWD SHUFFLE, FWD ROCK, 1/2L FWD SHUFFLE

&1-2 Recover L back hitch R, Rock R FWD, Recover L back,
3&4 1/2R shuffle FWD step R-L-R (6.00)
5-6-7&8 Rock L FWD, Recover R back, 1/2L shuffle FWD step L-R-L (12.00)

A3: OUT-OUT-IN-IN, FWD, HOLD & BACK & BACK

1-2 Step R out to R with R hand out to R shoulder high palm facing up, Step L out to L with L hand out to L shoulder high palm facing up,
3-4 Step R back with R hand back to chest, Step L back with L hand back to chest
5-6 Step R FWD bring R hand FWD with your Palm out as "STOP" sign, HOLD
(opt. style 5: body facing slightly diagonal L, look to front)
&7&8 Step L slightly back hitch R, Step R back, Recover L back hitch R, Step R back
Opt. hand style &7&8: position Like you are playing a guitar.

A4: & FWD ROCK, 1/2R FWD SHUFFLE, FWD ROCK, 1/2L FWD SHUFFLE

&1-2 Recover L back hitch R, Rock R FWD, Recover L back,
3&4 1/2R shuffle FWD step R-L-R (6.00)
5-6-7&8 Rock L FWD, Recover R back, 1/2L shuffle FWD step L-R-L (12.00)

A5: SIDE, DRAG SHIMMY, TOG, HOLD, SIDE, DRAG SHIMMY, TOG, HOLD

1-2 Step R to R with knees bend, Drag L toward R (Shimmy shoulders as you drag)
3-4 Step L together and straighten knees, HOLD (claps on count 3-4)
5-6 Step R to R with knees bend, Drag L toward R (Shimmy shoulders as you drag)
7-8 Step L together and straighten knees, HOLD (claps on count 3-4)

A6: SIDE, BEHIND, SIDE, SCUFF, SIDE, CLICK, BEHIND, CLICK

1-2-3-4 Step L to L, Cross R behind L, Step L to L, Scuff R FWD
5-6-7-8 Step R to R, Click (click fingers shoulder high in front), Cross L behind R, Click (click fingers low and behind yourself)

A7: SIDE, CLICK, CROSS, CLICK, ROCKING CHAIR

1-2 Step R to R, Click (click fingers shoulder high in front)
3-4 Cross L over R, Click fingers (click fingers low and behind yourself)
5-6-7-8 Rock R FWD, Recover L back, Rock R back, Recover L FWD

A8: FWD, 1/2L PIVOT, FWD, 1/2L PIVOT, SIDE HEELS BOUNCE, SIDE HEELS BOUNCE

1-2-3-4 Step R FWD, 1/2L pivot, Step R FWD, 1/2L pivot (Lasso hand style) (12.00)

5-6-7-8 Step R to R heels bounce UP-Down-Up-Down (Lasso style)

(opt. style 5-8: body facing slightly diagonal L in a sitting position wt on R)

A9: CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1-2-3&4 Cross Rock R over L, Recover L back, Step R to R, Step L together, Step R to R

5-6-7&8 Cross Rock L over R, Recover R back, Step L to L, Step R together, Step L to L

A10: POINT CROSS -SIDE, 1/4R SAILOR R, POINT CROSS -SIDE, 1/4L SAILOR L

1-2-3&4 Cross touch R over L, Point R to R, 1/4R sailor R (3.00)

5-6-7&8 Cross touch L over R, Point L to L, 1/4L sailor L (12.00)

Part B (88 Counts)

B1: 1/4L SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT, CROSS TOE STRUT

1-2-3-4 1/4L touch R toe to R, Drop R heel, Cross touch L toe to R, Drop L heel (look R)(9.00)

5-6-7-8 Touch R toe to R, Drop R heel, Cross touch L toe to R, Drop L heel (look R)

B2: SWAY R-L-R, CLAP, 1/4L, CROSS, 1/2L UNWIND, HANDS TOUCH CHEST, FLIP HANDS OUT

1-2-3-4 Sway R-L-R, HOLD & Clap

5-6-7-8 1/4L step L FWD, Cross R over L, 1/2L Unwind wt on R hands on chest, Flip hands out (12.00)

B3: 1/4R SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT, CROSS TOE STRUT

1-2-3-4 1/4R touch L toe to L, Drop L heel, Cross touch R toe to R, Drop R heel (look L)(3.00)

5-6-7-8 Touch L toe to L, Drop L heel, Cross touch R toe to R, Drop R heel (look L)

B4: SWAY L-R-L, CLAP, 1/4R, CROSS, 1/2R UNWIND, HANDS TOUCH CHEST, FLIP HANDS OUT

1-2-3-4 Sway L-R-L, HOLD & Clap

5-6-7-8 1/4R step R FWD, Cross L over R, 1/2R Unwind wt on L closed hands on chest, Flip hands out (12.00)

B5: OUT-OUT, CROSS R HAND OVER, OVER, UNDER, UNDER, OVER, UNDER, OVER, UNDER

&1 Step R to R, Step L to L & cross R hand over L with fist/Palm open like stop sign,

2-3-4 Cross R hand over L, Cross R hand under L, Cross R hand under L

5-6-7-8 Cross R hand over L, Cross R hand under L, Cross R hand over L, Cross R hand under L

B6: L ROLLING VINES & CLAP, R ROLLING VINES & CLAP

1-2-3-4 1/4L step L FWD, 1/2L step R back, 1/4L step L to L, Touch R beside L & CLAP (12.00)

5-6-7-8 1/4R step R FWD, 1/2R step L back, 1/4R step R to R, Touch L beside R & CLAP (12.00)

B7 - B11: REPEAT SECTION A6 – A10 OF PART A

ENDING: At the end of last B, Repeat the Last 16 counts of part B then run around full turn from r to front with FWD toe touches until music ends ###

Hope you enjoy the dance

This dance is specially dedicated for our Hurstville Senior line dancing Group "Clever Ageing Expo" performance at Westfield Hurstville centre stage, Hurstville NSW Australia.

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