

# Mama Mia!

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Günther Wodlei (AUT) & Patricia Soran (AUT) - May 2024  
音乐: Mama Mia - Phil The Beat



**Intro: Approx. 16 Counts (Start with heavy beat and lyrics)**

**Counts 1-8: SIDE MAMBO R+L WITH TOUCH AND CLAP**

- 1-4            Rock RF to side; Recover on LF; Step together with RF; Touch LF near RF (optional clap your hands)  
5-8            Rock LF to side; Recover on RF; Step together with LF; Touch RF near LF (optional clap your hands)

**Counts 9-16: ROCKING CHAIR, STEP FWD. R, POINT L, STEP FWD. L, POINT R**

- 1-4            Rock fwd. with RF; Recover on LF; Rock back with RF; Recover on LF  
5-6            Step fwd. with RF; Point LF to side  
7-8            Step fwd. with LF; Point RF to side

**Counts 17-24: ¼-TURN JAZZ BOX, JAZZ BOX IN PLACE**

- 1-4            Cross RF over LF; ¼-turn right (3.00) and step back LF; Side step RF; Step fwd. with LF  
5-8            Cross RF over LF; Step back LF; Side step RF; Cross LF over RF

**Counts 25-32: GRAPEVINE WITH FLICK R+L (OPTIONAL „FLAMENCO“-STYLING)**

- 1-4            Step RF to side; Cross LF behind RF; Step RF to side; Flick LF behind RF  
5-8            Step LF to side; Cross RF behind LF; Step LF to side; Flick RF behind LF

**Optional Styling Counts 4+8 (Flicks): Right hand at belly height (palm down), left hand over head (palm up), look to the right and snip your fingers (Count 4); Repeat reversed on count 8**

**HAPPY DANCING**

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Last Update: 22 May 2024

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