

Mamma Mia

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Mamma Mia - ABBA



KICK STEP POINT, ¼ TURN, & STEP, ½ TURN, STEP, KICK STEP POINT

1&2 Kick right foot forward, step onto right foot, point left foot to left
3 ¼ turn left, weight remains on right foot
&4 Step left foot next to right, step forward onto right foot
5 ½ turn left, weight now on left foot
6 Step forward onto right foot
7&8 Kick left foot forward, step onto left foot, point right foot to right

HITCH POINT, CROSS UNWIND, LEFT SHUFFLE, ½ PIVOT TURN

9 Hitch right leg over left
10 Point right foot to right
11 Cross right foot over left
12 Unwind ½ turn left, weight ends on right foot
13&14 Left shuffle forward
15 Step forward right
16 ½ pivot turn left

CROSS, HOLD, & CROSS, HOLD, & CROSS & CROSS, ROCK LEFT RECOVER

17 Cross right over left
18 Hold position
&19 Step left foot to left side, cross right over left
20 Hold position
&21 Step left foot to left side, cross right over left
&22 Step left foot to left side, cross right over left
23 Rock out left foot to left side
24 Recover weight to right foot

CROSS, HOLD, & CROSS, HOLD, & CROSS & CROSS, ROCK RIGHT RECOVER

25 Cross left over right
26 Hold position
&27 Step right foot to right side, cross left over right
28 Hold position
&29 Step right foot to right side, cross left over right
&30 Step right foot to right side, cross left over right
31 Rock right foot to right side
32 Recover weight to left foot

STEP ½ PIVOT TURN, SHUFFLE ½ TURN, ROCK RECOVER, LEFT SHUFFLE

33 Step forward on right
34 ½ Pivot turn left
35&36 Shuffle ½ turn left, stepping right, left, right
37 Rock back on to left
38 Recover weight to right foot
39&40 Left shuffle forward

STEP ½ PIVOT TURN SHUFFLE ½ TURN, ROCK RECOVER, LEFT SHUFFLE

- 41 Step forward on right
- 42 $\frac{1}{2}$ pivot turn left
- 43&44 Shuffle $\frac{1}{2}$ turn left, stepping right, left, right
- 45 Rock back on to left
- 46 Recover weight to right foot
- 47&48 Left shuffle forward

POINT STEP, POINT STEP, CROSS UNWIND, STEP SLIDE

- 49 Point right foot to right
- 50 Step forward on right
- 51 Point left foot left
- 52 Step forward on left
- 53 Cross right over left
- 54 Unwind $\frac{3}{4}$ left
- 55 Step right foot big step to right
- 56 Slide left to right, weight remains on right

SYNCOPATED ROLLING TURN LEFT, CROSS ROCK, STEP STOMP

- 57 $\frac{1}{4}$ turn left, stepping left foot to left side
- 58 $\frac{1}{2}$ turn left, stepping back onto right foot
- 59&60 Shuffle $\frac{1}{4}$ left, stepping left, right, left
- 61 Cross rock right foot over left
- 62 Recover weight to left foot
- 63 Step right foot to right side
- 64 Stomp left next to right, weight now on left foot

REPEAT
