

Mamma Mia

拍数: 0 墙数: 1 级数: Intermediate/Advanced
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音乐: Mamma Mia - A*Teens



Sequence: ABC, ABD, B, Modified D, Ending

PART A

WALK, WALK, ROCK STEP, COASTER STEP, MILITARY PIVOT

- 1-4 Step forward on the right, step forward on the left, step forward on the right as you rock forward, recover on the left
5&6 Step back on the right, step left beside right, step forward on the right
7-8 Step forward on the left, pivot $\frac{1}{2}$ turn right transferring weight to the right

ROCK STEP, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, ROCK STEP, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN

- 1-2 Step forward on the left as you rock forward, recover on the right
3-4 Pivot $\frac{1}{2}$ turn left as you step forward on the left, pivot $\frac{1}{2}$ turn left as you step back on the right
5-6 Step back on the left as you rock back, recover weight on the right
7-8 Pivot $\frac{1}{2}$ turn right as you step back on the left, pivot $\frac{1}{2}$ turn right as you step forward on the right

WALK, WALK, ROCK STEP, COATER STEP, MILITARY PIVOT

- 1-4 Step forward on the left, step forward on the right, step forward on the left as you rock forward, recover on the right
5&6 Step back on the left, step right beside left, step forward on the left
7-8 Step forward on the right, pivot $\frac{1}{2}$ turn left transferring weight to the left

ROCK STEP, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, ROCK STEP, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN

- 1-2 Step forward on the right as you rock forward, recover on the left
3-4 Pivot $\frac{1}{2}$ turn right as you step forward on the right, pivot $\frac{1}{2}$ turn right as you step back on the left
5-6 Step back on the right as you rock back, recover weight on the left
7-8 Pivot $\frac{1}{2}$ turn left as you step back on the right, pivot $\frac{1}{2}$ turn left as you step forward on the left

SIDE, BEHIND & OVER, SIDE, BEHIND, $\frac{1}{4}$ TURN RIGHT, FORWARD, $\frac{3}{4}$ TURN RIGHT

- 1-2 Step right to the side, cross left behind right
&3-4 Step right beside left, cross left over right, step right to the side
5-8 Cross left behind right, pivot $\frac{1}{4}$ turn right as you step forward on the right, step forward on the left, pivot $\frac{3}{4}$ turn right

SIDE, BEHIND & OVER, SIDE, BEHIND, $\frac{1}{4}$ TURN LEFT, FORWARD, $\frac{3}{4}$ TURN LEFT

- 1-2 Step left to the side, cross right behind left
&3-4 Step left beside right, cross right over left, step left to the side
5-8 Cross right behind left, pivot $\frac{1}{4}$ turn left as you step forward on the left, step forward on the right, pivot $\frac{3}{4}$ turn left

MONTEREY TURNS TWICE

- 1-4 Touch right to the side, pivot $\frac{1}{2}$ turn right as you step right beside left, touch left to the side, step left beside right
5-8 Touch right to the side, pivot $\frac{1}{2}$ turn right as you step right beside left, touch left to the side, step left beside right

SIDE, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER

- 1-3 Step right to the side, cross left over right as you rock on it, recover on the right
4-6 Step left to the side, cross right over left as you rock on it, recover on the left

SIDE, BEHIND, SIDE, LOOK, HOLD, HEAR, HOLD, RECOVER, HOLD

- 1-4 Step right to the side as you place right arm behind the back, cross left behind right as you place left arm behind back, step right to the side with $\frac{1}{4}$ turn right as you bend down slightly forward and place right hand over fore-head, hold
5-8 Place right hand behind right ear as you are listening, hold, straighten body to face front wall and placing right beside left, hold

SIDE, BEHIND, SIDE, LOOK, HOLD, THINK, HOLD, RECOVER, HOLD

- 1-4 Step left to the side as you place left arm behind the back, cross right behind left as you place right arm behind back, step left to the side with $\frac{1}{4}$ turn left as you bend down slightly forward and place left hand over fore-head, hold
5-8 Place both hands to the sides palms up as you are saying "i don't remember", hold, straighten body to face front wall and placing left beside right, hold

ROTATE ARMS IN A CIRCLE

- 1-3 Cross both arms down right over left, rotate up and down

PART B

STEP & STEP & STEP & STEP, STEP & STEP & STEP & STEP

- 1&2 Step forward on the right, cross left behind right, step forward on the right
&3&4 Cross left behind right, step forward on the right, cross left behind right, step forward on the right
5&6 Step forward on the left, cross right behind left, step forward on the left
&7&8 Cross right behind left, step forward on the left, cross right behind left, step forward on the left

BACK, BACK, BACK, BACK, BACK, COASTER STEP, TOUCH

- 1-5 Step back on the right, step back on the left, step back on the right, step back on the left, step back on the right
6&7 Step back on the left, step right beside left, step forward on the left
8& Touch right to the side, hitch right over left knee

STEP & STEP & STEP & STEP, STEP & STEP & STEP & STEP

- 1&2 Step forward on the right, cross left behind right, step forward on the right
&3&4 Cross left behind right, step forward on the right, cross left behind right, step forward on the right
5&6 Step forward on the left, cross right behind left, step forward on the left
&7&8 Cross right behind left, step forward on the left, cross right behind left, step forward on the left

BACK, BACK, BACK, BACK, BACK, COASTER STEP, TOUCH

- 1-5 Step back on the right, step back on the left, step back on the right, step back on the left, step back on the right
6&7 Step back on the left, step right beside left, step forward on the left
8& Touch right to the side, hitch right over left knee

SHUFFLE FORWARD, MILITARY PIVOT, SHUFFLE FORWARD, MILITARY PIVOT

- 1&2 Step forward on the right, step left beside right, step forward on the right
3-4 Step forward on the left, pivot $\frac{1}{2}$ turn right transferring weight to the right
5&6 Step forward on the left, step right beside left, step forward on the left
7-8 Step forward on the right, pivot $\frac{1}{2}$ turn left transferring weight to the left

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

- 1-2 Step forward on the right, recover weight on the left

- 3&4 Step back on the right, step left beside right, step forward on the right
- 5-6 Step forward on the left, recover weight on the right
- 7&8 Step back on the left, step right beside left, step forward on the left

RIGHT, LEFT, UP, POINT, POINT, SPREAD

- 1-2 Step right to the side as you extend right arm out palm up, step left to the side as you extend left arm out palm up
- 3-4 Lift both shoulders and hand up, point right hand to the chest
- 5-8 Point left hand to the chest, extend both arms out forward right crossed over right, spread to the sides

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

- 1&2 Step forward on the right, step left beside right, step forward on the right
- 3-4 Step forward on the left as you rock forward, recover on the right
- 5&6 Step back on the left, step right beside left, step back on the left
- 7-8 Step back on the right as you rock back, recover on left

RIGHT, LEFT, HOLD, POINT, POINT, SPREAD

- 1-3 Step right to the side as you place right palm or hand to the right side of face, step left to the side as you place left palm or hand to the left side of face, hold
- 4 Point right hand to the chest
- 5-8 Point left hand to the chest, extend both arms out forward right crossed over right, spread to the sides

PART C

KICK & HEEL & TOE & HEEL & KICK & HEEL & TOE & HEEL &

- 1&2& Kick right forward, step right beside left, touch left heel forward, step left beside right
- 3&4& Touch right toe beside left, step right beside left, touch left heel forward, step left beside right making ¼ turn right
- 5&6& Kick right forward, step right beside left, touch left heel forward, step left beside right
- 7&8& Touch right toe beside left, step right beside left, touch left heel forward, step left beside right making ¼ turn right

KICK & HEEL & TOE & HEEL & KICK & HEEL & TOE & HEEL &

- 1&2& Kick right forward, step right beside left, touch left heel forward, step left beside right
- 3&4& Touch right toe beside left, step right beside left, touch left heel forward, step left beside right making ¼ turn right
- 5&6& Kick right forward, step right beside left, touch left heel forward, step left beside right
- 7&8& Touch right toe beside left, step right beside left, touch left heel forward, step left beside right making ¼ turn right

PART D

TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD &

- 1-2 Touch right to the side, hold
- &3-4 Pivot ¼ turn right as you bring right beside left, touch left to the side, hold
- &5-6 Step left beside right, touch right forward, hold
- &7-8& Step right beside left, touch left forward, hold, step left beside right

TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD &

- 1-2 Touch right to the side, hold
- &3-4 Pivot ¼ turn right as you bring right beside left, touch left to the side, hold
- &5-6 Step left beside right, touch right forward, hold
- &7-8& Step right beside left, touch left forward, hold, step left beside right

TOUCH, HOLD & TOUCH, HOLD & TOUCH HOLD, & TOUCH, HOLD &

- 1-2 Touch right to the side, hold
&3-4 Pivot ¼ turn right as you bring right beside left, touch left to the side, hold
&5-6 Step left beside right, touch right forward, hold
&7-8& Step right beside left, touch left forward, hold, step left beside right

TOUCH, HOLD & TOUCH, HOLD & KICK & HEEL & TOE & HEEL &

- 1-2 Touch right to the side, hold
&3-4 Pivot ¼ turn right as you bring right beside left, touch left to the side, hold
&5&6 Step left beside right, kick right forward, step right beside left, touch left heel forward
&7&8 Step left beside right, touch right toe beside left, step down on the right foot, touch left heel forward

LOOK DOWN AS YOU POINT BOTH ARMS DOWN AND ROTATE AS YOU LIFT HEAD

- &1-5 Step left beside right, step right slightly in front of left as you look down and point both arms down (right crossed over left), rotate arms as you bring head up slowly

MODIFIED D

TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD &

- 1-2 Touch right to the side, hold
&3-4 Pivot ¼ turn right as you bring right beside left, touch left to the side, hold
&5-6 Step left beside right, touch right forward, hold
&7-8& Step right beside left, touch left forward, hold, step left beside right

TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD &

- 1-2 Touch right to the side, hold
&3-4 Pivot ¼ turn right as you bring right beside left, touch left to the side, hold
&5-6 Step left beside right, touch right forward, hold
&7-8& Step right beside left, touch left forward, hold, step left beside right

TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD & TOUCH, HOLD &

- 1-2 Touch right to the side, hold
&3-4 Pivot ¼ turn right as you bring right beside left, touch left to the side, hold
&5-6 Step left beside right, touch right forward, hold
&7-8& Step right beside left, touch left forward, hold, step left beside right

ENDING

- 1-8 Step right in a third position and hold for 7 counts
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