

Mamma Mia

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Jan Wyllie (AUS)
音乐: Mamma Mia - ABBA



- 1&2 Step forward on left, making $\frac{1}{4}$ turn left step right beside left, step left beside right
3&4 Step back on right, making $\frac{1}{4}$ turn left step left beside right, step right beside left
5&6 Step forward on left, making $\frac{1}{4}$ turn left step right beside left, step left beside right
7&8 Step back on right, making $\frac{1}{4}$ turn left step left beside right, step right beside left
The above 8 steps take you around in a square to end up exactly where you started from
9-10 Rock/step forward on left, rock back on right
11&12 Step back on left, step right beside left, step forward on left (coaster)
13-14 Rock/step forward on right, rock back on left
15&16 Step back on right, step left beside right, step forward on right (coaster)
- 17-18 Rock/step forward on left, rock back on right
19&20 Step back on left, lock right in front of left, step back on left
21-22-23-24 Rock/step back on right, rock forward on left, rock/step forward on right, rock back on left
- 25&26 Step back on right, lock left in front of right, step back on right
27-28-29&30 Rock/step back on left, rock forward on right, shuffle forward left, right, left
31-32 Rock/step forward on right, rock back on left
- 33-34 Making a full turn right back over right shoulder step right, left
35&36 Making $\frac{1}{4}$ turn right triple step right, left, right
37-38 Rock/step forward on left, rock back on right
39-40 Touch left toe back, unwind $\frac{1}{4}$ turn left transferring weight to left
- 41-42-43-44 Step right over left, step left to left, step right behind left, step left to left
45-46-47&48 Cross/rock right over left, rock back on left, shuffle right right, left, right
- 49-50-51-52 Step left over right, step right to right, step left behind right, step right to right
53-54-55&56 Cross/rock left over right, rock back on right, making $\frac{1}{2}$ turn left triple step left, right, left
- 57-58& Step forward on right, hook left behind right, step down on left
59&60 Touch right heel forward, step right beside left, touch left beside right
61-62-63-64 Rock/step forward on left, rock back on right, rock/step back on left, rock forward on right

REPEAT
