

# 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**

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