

# Here I Go Again (aka Mama Mia)

**COPPER**KNOB  
STEPSHETS

拍数: 80      墙数: 2      级数: Intermediate  
编舞者: Bob Boesel (USA)  
音乐: Mamma Mia - A\*Teens



**A. SHUFFLE**  
**RIGHT, ROCK,**  
**RECOVER,**  
**SHUFFLE**  
**LEFT, ROCK,**  
**RECOVER**  
1&2,3,4 Step  
side on R, step  
L next to R, step  
side on R, rock  
L behind R,  
recover on R  
5&6,7,8 Step  
side on L, step  
R next to L, step  
side on L, rock  
R behind L,  
recover on L  
(12:00)

**B. SHUFFLE**  
**RIGHT, ½**  
**TURN L,**  
**CROSS STEP,**  
**ROCK L,**  
**RECOVER,**  
**CROSS**  
**SHUFFLE**  
1&2,3,4 Step  
side on R, step  
L next to R, step  
side on R, turn  
½ L stepping  
side L, cross  
step R over L  
5,6,7&8 Rock  
side on L,  
recover on R,  
cross step L  
over R, step  
side on R, cross  
step L over R  
(6:00)

**C. TURN ¼ L,  
TURN ½ L,  
TURN ¼ L  
ROCK SIDE,  
RECOVER,  
ROCK FWD,  
RECOVER,  
COASTER  
STEP**

1,2,3,4 Turn ¼  
L stepping back  
on R, turn ½ L  
stepping  
forward on L,  
turn ¼ L rocking  
side on R,  
recover on L  
5,6,7&8 Rock  
forward on R,  
recover on L,  
step back on R,  
step L next to R,  
step forward on  
R (6:00)

**D. ROCK FWD,  
RECOVER,  
COASTER  
STEP, ROCK  
SIDE,  
RECOVER,  
CROSS  
SHUFFLE**

1,2,3&4 Rock  
fwd on L,  
recover on R,  
step back on L,  
step R next to L,  
step forward on  
L  
5,6,7&8 Rock  
side on R,  
recover on L,  
cross step R  
over L, step  
side on L, cross  
step R over L  
(6:00)

**E. ROCK SIDE,  
RECOVER,  
CROSS  
SHUFFLE,  
ROCK SIDE,  
TURN ¼ L,  
TURN ½ L,  
TURN ½ L**

1,2,3&4 Rock  
side on L,  
recover on R,  
cross step L  
over R, step  
side on R, cross  
step L over R  
5,6,7,8 Rock  
side on R, turn  
 $\frac{1}{4}$  L stepping  
forward on L,  
turn  $\frac{1}{2}$  L  
stepping back  
on R, turn  $\frac{1}{2}$  L  
stepping  
forward on L  
(3:00)

**F. ROCK FWD,  
RECOVER,  
TRIPLE STEP  
 $\frac{1}{2}$  R, TURN  $\frac{1}{2}$   
R, TURN  $\frac{1}{2}$  R,  
ROCK FWD,  
RECOVER**  
1,2,3&4 Rock  
forward on R,  
recover on L,  
triple step  $\frac{1}{2}$   
right stepping R,  
L, R  
5,6,7,8 Turn  $\frac{1}{2}$   
R stepping back  
on L, turn  $\frac{1}{2}$  R  
stepping  
forward on R,  
rock forward on  
L, recover on R  
(9:00)

**G. TURN  $\frac{1}{2}$  L  
STEP FWD,  
TOUCH, STEP  
FWD, TOUCH,  
STEP BACK  $\frac{1}{4}$   
L, TOUCH,  
STEP FWD,  
TOUCH**  
1,2,3,4 Turn  $\frac{1}{2}$   
L stepping  
forward on L,  
touch R next to  
L, step forward  
on R, touch L  
next to R

5,6,7,8 Step  
back on L  
turning  $\frac{1}{4}$  L,  
touch R next to  
L, step forward  
on R, touch L  
next to R  
(12:00)

**H. ROCK SIDE,  
RECOVER,  
WEAVE R,  
ROCK SIDE,  
RECOVER,  
CROSS  
TOUCH,  
UNWIND  $\frac{1}{2}$  L**  
1,2,3&4 Rock  
side on L,  
recover on R,  
step L behind R,  
step side on R,  
cross step L  
over R  
5,6,7,8 Rock  
side on R,  
recover on L,  
cross touch R  
over L, unwind  
 $\frac{1}{2}$  L keeping  
weight on L  
(6:00)

**I. CROSS  
ROCK,  
RECOVER,  
CROSS ROCK,  
RECOVER,  
SHUFFLE  
SIDE, CROSS  
ROCK,  
RECOVER**  
1,2,3,4 Cross  
rock R over L,  
recover on L,  
cross rock R  
over L, recover  
on L  
5&6,7,8 Step  
side on R, step  
L net to R, step  
side on R, cross  
rock L over R,  
recover on R  
(6:00)

**J. CROSS  
ROCK,  
RECOVER,  
SHUFFLE  
SIDE, STEP  
PIVOT ½ L,  
STEP PIVOT ½  
L**

1,2,3&4 Cross  
rock L over R,  
recover on R,  
step side on L,  
step R next to L,  
step side on L  
5,6,7,8 Step  
forward on R,  
pivot ½ L onto  
L, step forward  
on R, pivot ½ L  
onto L (6:00)

**BEGIN AGAIN**

*Phrasing  
extras!!! Each  
time you return  
to the front wall  
there is an eight  
count tag: Step  
side on R, touch  
L across R,  
touch*

L to side, touch  
L across R, step  
side on L, touch  
R across L  
touch R to side,  
touch R across  
L, then begin  
dance.

Also one little  
restart: On wall  
5 (12:00) dance  
first 20 counts  
(through C4)  
then restart.you  
will be facing  
6:00.

Dance will end  
18 counts into  
the dance after  
finishing the  
restart wall (6),  
face front by  
stepping ¼ L on  
last count.

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