

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.
