

# Mamma Mia

拍数: 0      墙数: 0      级数: Phrased Improver  
编舞者: Teresa Liu (MY), Emily Mah (MY) & Lane Lee (MY) - October 2008  
音乐: Mamma Mia - ABBA



Intro: 32 Counts Intro

Sequence: A, B, A(56), A,B, A(24), B, B, A.

## Part A (80 Counts)

### S1A: Right And Left Rolling Vines, Clap

1-2            ¼ turn stepping R, forward ½ turn R stepping L back  
3-4            ¼ turn R stepping R, touch L beside R with clap  
5-6            ¼ turn L stepping L forward, ½ turn stepping R back  
7-8            ¼ turn L stepping L, touch R beside L with clap

### S2A: Forward Rock, ½ Turn R Shuffle, Forward Rock ½ Turn Left Shuffle

1-2            Forward on R, Rock back on L  
3&4            ½ turn R, stepping R, L, R  
5-6            Forward on L, Rock back on R  
7&8            ½ turn L, stepping L, R, L

### S3A: Cross Point, Cross Point, Jazz Box ½ Turn Right

1-2            Cross R over L, point L to L  
3-4            Cross L over R, point R to R  
5-6            Cross R over L, step back on L  
7-8            ½ R step R to R, cross L over R

### A (24 counts) Replace Jazz Box ½ turn with Jazz Box without turn facing 12.00

#### S4A: Cross Point, Cross Point, And Jazz Box ½ Turn Right

1-2            Cross R over L, point L to L  
3-4            Cross L over R, point R to R  
5-6            Cross R over L, step back on L  
7-8            ½ turn R, step R to R, cross L over R

### S5A: Step Touches Diagonal Forward X2, Step Touches Diagonal Back X2

1-2            Step forward to R diagonal, touch L next to R  
3-4            Step forward to L diagonal, touch R next to L  
5-6            Step back R diagonal, touch L next to R  
7-8            Step back L diagonal, touch R next to L

### S6A: Kick Ball Forward X2, Step ½ Turn Left, Step ½ Turn Left

1&2            Travelling forward- Kick R forward, step back on ball of R. Step L forward  
3&4            Repeat 1-2  
5-6            Stepping forward R pivot ½ turn L  
7-8            Repeat 5-6 (12.00)

### S7A: Toe Struts Forward (2x) Rocking Chair

1-2            Touch ball of R forward, press R heel down  
3-4            Touch ball of L forward, press L heel down  
5-6            Rock R forward, recover L  
7-8            Rock R backward, recover L

**A (56) Restart Facing 12.00**

**S8A: Toe Struts Forward (2x) Rocking Chair**

- 1-2 Touch ball of R forward, press R heel down
- 3-4 Touch ball of L forward, press L heel down
- 5-6 Rock R forward, recover L
- 7-8 Rock R backward, recover L

**S9A: Lunge Right Recover, Weave Left, Side Rock, Weave Right**

- 1-2 Lunge R to R, recover weight on L
- 3&4 Step R behind L, step L to L, step R in front of L
- 5-6 Step L and sway L, step R and sway R
- 7&8 Step L behind R, step R to R, step L in front of R

**S10A: Lunge Right Recover, Weave Left, Side Rock, Weave Right**

- 1-2 Lunge R to R, recover weight on L
- 3&4 Step R behind L, step L to L, step R in front of L
- 5-6 Step L and sway L, step R and sway R
- 7&8 Step L behind R, step R to R, step L in front of R

**Part B (32 Counts)**

**S1B: Sway Right, Sway Left, Sway Right, Left, Right, Rock Recover Pivot ½ turn Left Shuffle**

- 1-2 Sway R and L (swing hands from R to L)
- 3&4 Sway R, L, R
- 5-6 Rock forwards L, recover R
- 7&8 Pivot ½ turn L, shuffle forward L, R, L (6.00)

**S2B: Sway Right, Left, Sway Right, Left, Right, Rock Forward, pivot ¾ Left Shuffle**

- 1-2 Sway R and L
- 3&4 Sway R, L, R
- 5-6 Rock forward on L, Recover R
- 7&8 Pivot ¾ turn L, triple step L, R, L (9.00)

**S3B: Sway Right, Left, Sway Right, Left, Right, Rock Forward, Pivot ¾ Left Shuffle**

- 1-2 Sway R and L
- 3&4 Sway R, L, R
- 5-6 Rock forward on L, Recover R
- 7-8 Pivot ½ turn L, shuffle L, R, L (3.00)

**S4B: Sway Right, Left, Sway Right, Left, Right, Rock Recover, Jazz Box ¼ Turn Left**

- 1-2 Sway R, L
- 3&4 Sway R, L, R
- 5-6 Cross L over R, ¼ turn L step back on R
- 7-8 Step L to L, touch R beside L (12.00)

**End of the dance, you will be facing 12 O'clock. Do extra 8 more counts.**

- 1-8 Step Right Forward, 2 Pivot ½ Turn Left, Sway R, L, R, L Until Music Fade Off.

**This dance is specially dedicated to "Jasz Danze Your Holiday" ladies at X'mas Island (03 Oct 08) Dance "Red Crab" Dance**

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