

Mamma Maria 4-2 (P)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Improver Partner - Circle
编舞者: Ray Garvin (USA) & Gail Garvin (USA) - March 2011
音乐: Mamma Maria - Ricchi E Poveri : (CD: I Successi)



Position: Sweetheart Position, facing LOD. Footwork is the same except where noted
Start dancing on vocals

WALK, WALK, HEEL, TOE, SHUFFLE, ROCK, RECOVER

1-4 Step left forward, step right forward, touch left heel forward, touch left toe back
5&6 Chassé forward left, right, left
7-8 Rock right forward, recover to left

¼ TURN SWAY, RIGHT, LEFT, CROSS SHUFFLE, ¼ TURN, ½ TURN, SHUFFLE

1-2 As you are turning ¼ right, shift weight side right, recover side left
3&4 Crossing chassé right, left, right

Release left hands, raise right hands above your head

5-6 As you step left to side, turn ¼ right, as you step back right, turn ½ right

Return to Sweetheart Position

7&8 Chassé forward left, right, left

STEP, KICK, BACK, TOUCH, STEP, LOCK, SHUFFLE

1-4 Step right forward, kick left forward, step left back, touch right back
5-6 Step right forward, lock left behind right
7&8 Chassé forward right, left, right

MAN'S STEPS

STEP, STEP, SHUFFLE, ROCK RECOVER SHUFFLE

1-2 As you step in place left, right
Raise right hands over ladies head & lower to belt level
3&4 Chassé back left, right, left

Release left hands, take right hands to mans right side & return to Sweetheart Position

5-6 Rock right back, recover to left
7&8 Chassé forward right, left, right

LADY'S STEPS

¼ TURN STEP, ¼ TURN STEP, SHUFFLE, STEP, PIVOT, SHUFFLE

1-2 As you turn ½ left, raise right hand above your head & step left, right
Lower hands to belt level. Now facing RLOD
3&4 Chassé forward left, right, left

Release left hands

5-6 Step right forward, turn ½ left (weight to left)

Now facing LOD. Return to Sweetheart Position

7&8 Chassé forward right, left, right

REPEAT

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