

Mamma Maria (媽媽瑪麗亞) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - 2015年04月
音樂: Mamma Maria by Melissa & Sebastian



Intro: 32 counts (start on vocals) - No Tag & No Restart

S1. TWIST - CLAP. X2

1-4 Twist both heels (R L R) - Clap
5-8 Twist both heels (L R L) - Clap
1-4 右左右扭 - 拍手
5-8 左右左扭 - 拍手

S2. KICK BALL POINT. X2 - JAZZ BOX 1/4 TRUN R

1&2, 3&4 Kick RF forward - Step RF together - Point LF to L - Kick LF forward - Step LF together - Point RF to R
5-8 Cross RF over LF - Step LF back - 1/4 trun R step RF to R - Step LF forward
1&2, 3&4 右足前踢 - 右足回併踏 - 左足側點 - 左足前踢 - 左足回併踏 - 右足側點
5-8 右足前交叉步 - 左足後踏 - 右轉 1/4 (3:00) 右足右踏 - 左足前踏

S3. ROCK - RECOVER - BACK SHUFFLE - ROCK - RECOVER - FORWARD SHUFFLE

1-2, 3&4 Rock RF forward - Recover onto LF - Back Shuffle (R L R)
5-6, 7&8 Rock LF back - Recover onto RF - Forward shuffle (L R L)
1-2, 3&4 右足前下沉 - 重心回左足 - 後交換步 (右 左 右)
5-6, 7&8 左足後下沉 - 重心回左足 - 前交換步 (左 右 左)

S4. MONTEREY 1/4 TURN R. x2

1-4 Point RF to R - 1/4 turn R (6:00) step RF together - Point LF to L - Step LF together
5-8 Point RF to R - 1/4 turn R (9:00) step RF together - Point LF to L - Step LF together
1-4 右足側點 - 右轉 1/4 (6:00) 右足併踏 - 左足側點 - 左足併踏
5-8 右足側點 - 右轉 1/4 (9:00) 右足併踏 - 左足側點 - 左足併踏

Have Fun & Happy Dancing!

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