

Italiano

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rachael McEnaney (USA), Shane McKeever (N.IRE) & Niels Poulsen (DK) -
October 2016
音樂: Mamma mia (He's italiano) (feat. Glance) - Elena : (iTunes)



Count In: 16 counts from when the start of the track. Dance begins on vocals.

Notes: Restart after 48 counts on the 5th wall. You are facing 12.00 to restart.

[1 – 8] L side rock, L behind, ¼ R, L fwd, R touch, heel jack, L ball, R fwd, ½ pivot left.

1 2 3 & 4 Rock L to left side (1), recover weight R (2), cross L behind R (3), make ¼ turn right stepping forward R (&), step forward L (4) 3.00
5&6&7&8 Touch R next to L (5), step back R (&), touch L heel forward (6), step in place on ball of L (&), step forward R (7), pivot ½ turn left (8) 9.00

[9 – 16] R Dorothy step, L Dorothy step, R fwd rock, ½ turn R, ¼ turn R

1 2 & Step R to right diagonal (1), cross L behind R (2), step R to right diagonal (&), 9.00
3 4 & Step L to left diagonal (3), cross R behind L (4), step L to left diagonal (&) 9.00
5 6 7 8 Rock forward R (5), recover weight L (6), make ½ turn right stepping forward R (7), make ¼ turn right stepping L to left side (8) 6.00

[17 – 24] R behind, L side, R crossing shuffle, 4 swivels L-R-L ¼ turn R

1 2 3 & 4 Cross R behind L (1), step L to left side (2), cross R over L (3), step L to left side (&), cross R over L (4) 6.00
5 6 Swivel both heels right as you step L to left side (5), swivel both heels left as you step R to right side (6) 6.00
7 8 Swivel both heels right as you step L to left side (7), swivel both heels left as you make a ¼ turn right stepping forward on R (8) 9.00

[25 – 32] L fwd, R kick, R back, ¼ turn R looking back, ¼ turn L, R kick-ball-cross, R side

1 2 3 Step forward L (1), kick R foot forward (2), step back R (3) 9.00
4 5 Make ¼ turn right as you bend both knees slightly and look back over right shoulder (weight R)(4), make ¼ turn left as you recover weight L (5)

(option: take R hand to forehead as if 'looking' for something when you do count 4 (this simply hits the lyric "look" during the chorus) 9.00

6 & 7 8 Kick R to right diagonal (6), step in place on ball of R (&), cross L over R (7), step R to right side (8) 9.00

[33 – 40] L sailor, hold with 'shake', R ball, L side, R points fwd-side, R sailor into R side shuffle (begins count 41)

1&2 3 &4 Cross L behind R (1), step R next to L (&), step L to left side (2), hold (3), step R next to L (&), step L to left side (4)

(option: on count 2 & 3 shimmy shoulders (think that the R shoulder goes forward (2), back (&), forward (3)) 9.00

5 6 Point R toe across L (5), point R to right side (6), 9.00
7 & 8 & Cross R behind L (7), step L next to R (&), step R to right side (8), step L next to R (&) 9.00

[41 – 48] R side (end of R shuffle), L points fwd-side, L sailor ¼ turn L, ½ turn L doing 3 chugs/touches with R

1 2 3 Step R to right side (1), point L toe across R (2), point L to left side (3) 9.00
4 & 5 Cross L behind R (4), step R next to left (&), make ¼ turn left stepping forward L (5) 6.00
6 7 Make 1/8 turn left pushing R to right side (like a touch but stronger) (6), make ¼ turn left pushing R to right side (7), 1.30
8 Make 1/8 turn left pushing R to right to right side (8) (you are now facing 12.00 the R foot pushing toward 3.00) (8) (weight ends R) 12.00

**Restart Wall 5 begins facing 12.00, during the 5th wall you will restart the dance here (rap section of music).
Restart is facing 12.00**

[49 – 56] L side rock, L behind-side-cross, R side rock, R behind, ¼ L, R fwd

1 2 3 & 4 Rock L to left side (1), recover weight R (2), cross L behind R (3), step R to right side (&),
cross L over R (4) 12.00

5 6 7 & 8 Rock R to right side (5), recover weight L (6), cross R behind L (7), make ¼ turn left stepping
forward L (&), step forward R (8) 9.00

[57 – 64] Syncopated fwd rocks L&R, ¼ turn L doing L jazz box (R cross at end)

1 2 & 3 4 Rock forward L (1), recover weight R (2), step ball of L next to R (&), rock forward R (3),
recover weight L (4) 9.00

& 5 6 7 8 Step ball of R next to L (&), cross L over R (5), make 1/8 turn left stepping back R (6), make
1/8 turn left stepping L to left side (7), cross R over L (8) 6.00

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