

# Mamma Mia

拍數: 64      牆數: 2      級數: Intermediate  
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音樂: Mamma Mia - ABBA



## KICK STEP POINT, ¼ TURN, & STEP, ½ TURN, STEP, KICK STEP POINT

1&2      Kick right foot forward, step onto right foot, point left foot to left  
3      ¼ turn left, weight remains on right foot  
&4      Step left foot next to right, step forward onto right foot  
5      ½ turn left, weight now on left foot  
6      Step forward onto right foot  
7&8      Kick left foot forward, step onto left foot, point right foot to right

## HITCH POINT, CROSS UNWIND, LEFT SHUFFLE, ½ PIVOT TURN

9      Hitch right leg over left  
10      Point right foot to right  
11      Cross right foot over left  
12      Unwind ½ turn left, weight ends on right foot  
13&14      Left shuffle forward  
15      Step forward right  
16      ½ pivot turn left

## CROSS, HOLD, & CROSS, HOLD, & CROSS & CROSS, ROCK LEFT RECOVER

17      Cross right over left  
18      Hold position  
&19      Step left foot to left side, cross right over left  
20      Hold position  
&21      Step left foot to left side, cross right over left  
&22      Step left foot to left side, cross right over left  
23      Rock out left foot to left side  
24      Recover weight to right foot

## CROSS, HOLD, & CROSS, HOLD, & CROSS & CROSS, ROCK RIGHT RECOVER

25      Cross left over right  
26      Hold position  
&27      Step right foot to right side, cross left over right  
28      Hold position  
&29      Step right foot to right side, cross left over right  
&30      Step right foot to right side, cross left over right  
31      Rock right foot to right side  
32      Recover weight to left foot

## STEP ½ PIVOT TURN, SHUFFLE ½ TURN, ROCK RECOVER, LEFT SHUFFLE

33      Step forward on right  
34      ½ Pivot turn left  
35&36      Shuffle ½ turn left, stepping right, left, right  
37      Rock back on to left  
38      Recover weight to right foot  
39&40      Left shuffle forward

## STEP ½ PIVOT TURN SHUFFLE ½ TURN, ROCK RECOVER, LEFT SHUFFLE

- 41 Step forward on right
- 42  $\frac{1}{2}$  pivot turn left
- 43&44 Shuffle  $\frac{1}{2}$  turn left, stepping right, left, right
- 45 Rock back on to left
- 46 Recover weight to right foot
- 47&48 Left shuffle forward

**POINT STEP, POINT STEP, CROSS UNWIND, STEP SLIDE**

- 49 Point right foot to right
- 50 Step forward on right
- 51 Point left foot left
- 52 Step forward on left
- 53 Cross right over left
- 54 Unwind  $\frac{3}{4}$  left
- 55 Step right foot big step to right
- 56 Slide left to right, weight remains on right

**SYNCOPATED ROLLING TURN LEFT, CROSS ROCK, STEP STOMP**

- 57  $\frac{1}{4}$  turn left, stepping left foot to left side
- 58  $\frac{1}{2}$  turn left, stepping back onto right foot
- 59&60 Shuffle  $\frac{1}{4}$  left, stepping left, right, left
- 61 Cross rock right foot over left
- 62 Recover weight to left foot
- 63 Step right foot to right side
- 64 Stomp left next to right, weight now on left foot

**REPEAT**

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