

Mamma Mia

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Barry Porter (UK) & Paul Hulatt (UK)
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
