

Mamma Mia

拍數: 52 牆數: 2 級數: Improver
編舞者: Sue Jenkins (UK) & Colin Jenkins (UK)
音樂: Mamma Mia - Martine McCutcheon



TOE STRUTS, ROCK AND SHUFFLE WITH HALF TURN TWICE

- 1-4 Toe struts forward right, left, right, left
- 5-6 Rock forward onto right foot, rock back onto left foot
- 7&8 Shuffle forward right, left, right turning ½ turn right
- 9-10 Rock forward onto left foot, rock back onto right foot
- 11&12 Shuffle forward left, right, left turning ½ turn left

GRAPEVINE TO RIGHT AND LEFT WITH A KICK AND CLAP

- 13-16 Step right foot right, step left foot behind right, step right foot to right, kick left foot in front of right leg clapping once
- 17-20 Step left foot to left, step right behind left, step left foot to left, kick right foot in front of left leg clapping once

SHUFFLE FORWARD RIGHT AND LEFT, SHUFFLE BACK RIGHT AND LEFT

- 21&22 Shuffle forward right, left, right
- 23&24 Shuffle forward left, right, left
- 25&26 Shuffle backwards right, left, right
- 27&28 Shuffle backwards left, right, left

SYNCOATED GRAPEVINE RIGHT, POINT TOE TO RIGHT SIDE, CROSS TOE OVER LEFT, POINT RIGHT, CROSS TOE OVER LEFT, CLOSE. (REPEAT TO LEFT)

- 29-30 Step right foot right, step left foot behind right
- &31-32 Transfer weight to right foot then cross left foot in front of right, point right toe to right side (weight on left foot)
- 33-36 With weight remaining on left, cross right toe in front of left foot, point right toe to right side, cross right toe in front of left foot, bring right foot next to left foot (weight on both feet)
- 37-44 Repeat steps 29-36 to left

JAZZ BOX WITH ¼ TURN TO RIGHT TWICE

- 45-48 Cross right foot over left, step left foot back, step right foot forward with ¼ turn right, close left foot beside right
- 49-52 Repeat steps 45-48

REPEAT
