

Mamma Mia

拍數: 0 牆數: 0 級數: Phrased Improver
編舞者: Teresa Liu (MY), Emily Mah (MY) & Lane Lee (MY) - October 2008
音樂: Mamma Mia - ABBA



Intro: 32 Counts Intro

Sequence: A, B, A(56), A,B, A(24), B, B, A.

Part A (80 Counts)

S1A: Right And Left Rolling Vines, Clap

1-2 ¼ turn stepping R, forward ½ turn R stepping L back
3-4 ¼ turn R stepping R, touch L beside R with clap
5-6 ¼ turn L stepping L forward, ½ turn stepping R back
7-8 ¼ turn L stepping L, touch R beside L with clap

S2A: Forward Rock, ½ Turn R Shuffle, Forward Rock ½ Turn Left Shuffle

1-2 Forward on R, Rock back on L
3&4 ½ turn R, stepping R, L, R
5-6 Forward on L, Rock back on R
7&8 ½ turn L, stepping L, R, L

S3A: Cross Point, Cross Point, Jazz Box ½ Turn Right

1-2 Cross R over L, point L to L
3-4 Cross L over R, point R to R
5-6 Cross R over L, step back on L
7-8 ½ R step R to R, cross L over R

A (24 counts) Replace Jazz Box ½ turn with Jazz Box without turn facing 12.00

S4A: Cross Point, Cross Point, And Jazz Box ½ Turn Right

1-2 Cross R over L, point L to L
3-4 Cross L over R, point R to R
5-6 Cross R over L, step back on L
7-8 ½ turn R, step R to R, cross L over R

S5A: Step Touches Diagonal Forward X2, Step Touches Diagonal Back X2

1-2 Step forward to R diagonal, touch L next to R
3-4 Step forward to L diagonal, touch R next to L
5-6 Step back R diagonal, touch L next to R
7-8 Step back L diagonal, touch R next to L

S6A: Kick Ball Forward X2, Step ½ Turn Left, Step ½ Turn Left

1&2 Travelling forward- Kick R forward, step back on ball of R. Step L forward
3&4 Repeat 1-2
5-6 Stepping forward R pivot ½ turn L
7-8 Repeat 5-6 (12.00)

S7A: Toe Struts Forward (2x) Rocking Chair

1-2 Touch ball of R forward, press R heel down
3-4 Touch ball of L forward, press L heel down
5-6 Rock R forward, recover L
7-8 Rock R backward, recover L

A (56) Restart Facing 12.00

S8A: Toe Struts Forward (2x) Rocking Chair

- 1-2 Touch ball of R forward, press R heel down
- 3-4 Touch ball of L forward, press L heel down
- 5-6 Rock R forward, recover L
- 7-8 Rock R backward, recover L

S9A: Lunge Right Recover, Weave Left, Side Rock, Weave Right

- 1-2 Lunge R to R, recover weight on L
- 3&4 Step R behind L, step L to L, step R in front of L
- 5-6 Step L and sway L, step R and sway R
- 7&8 Step L behind R, step R to R, step L in front of R

S10A: Lunge Right Recover, Weave Left, Side Rock, Weave Right

- 1-2 Lunge R to R, recover weight on L
- 3&4 Step R behind L, step L to L, step R in front of L
- 5-6 Step L and sway L, step R and sway R
- 7&8 Step L behind R, step R to R, step L in front of R

Part B (32 Counts)

S1B: Sway Right, Sway Left, Sway Right, Left, Right, Rock Recover Pivot ½ turn Left Shuffle

- 1-2 Sway R and L (swing hands from R to L)
- 3&4 Sway R, L, R
- 5-6 Rock forwards L, recover R
- 7&8 Pivot ½ turn L, shuffle forward L, R, L (6.00)

S2B: Sway Right, Left, Sway Right, Left, Right, Rock Forward, pivot ¾ Left Shuffle

- 1-2 Sway R and L
- 3&4 Sway R, L, R
- 5-6 Rock forward on L, Recover R
- 7&8 Pivot ¾ turn L, triple step L, R, L (9.00)

S3B: Sway Right, Left, Sway Right, Left, Right, Rock Forward, Pivot ¾ Left Shuffle

- 1-2 Sway R and L
- 3&4 Sway R, L, R
- 5-6 Rock forward on L, Recover R
- 7-8 Pivot ½ turn L, shuffle L, R, L (3.00)

S4B: Sway Right, Left, Sway Right, Left, Right, Rock Recover, Jazz Box ¼ Turn Left

- 1-2 Sway R, L
- 3&4 Sway R, L, R
- 5-6 Cross L over R, ¼ turn L step back on R
- 7-8 Step L to L, touch R beside L (12.00)

End of the dance, you will be facing 12 O'clock. Do extra 8 more counts.

- 1-8 Step Right Forward, 2 Pivot ½ Turn Left, Sway R, L, R, L Until Music Fade Off.

This dance is specially dedicated to "Jasz Danze Your Holiday" ladies at X'mas Island (03 Oct 08) Dance "Red Crab" Dance
