

# Ay Mama Mia

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Amy Glass (USA) & Michele Burton (USA) - June 2014  
音樂: Mama Mia (Radio Edit) - Mayra Veronica



Intro: 32 cts.

## [1-8] □ CROSS BALL CHANGE (botafogo) ~ CROSS BALL CHANGE (botafogo) ~ CROSS ¼ ¼ CROSS

1 & 2      Step R over L; Step ball of L to left; Return weight to right (body angled to right diagonal)  
3 & 4      Step L over R; Step ball of R to right; Return weight to left (body angled to left diagonal)  
5 – 8      Cross R over L; Turn ¼ right, step left back; Turn ¼ right, step R to right; Cross L over R □ □ □ □ 6:00

## [9-16] □ SIDE MAMBO ~ LOCK STEP BACK ~ ROCK RETURN ~ FULL TURN FORWARD

1 & 2      Step R to right; Return wt. to L; Step R beside L  
3 & 4      Step L back; Lock R in front of L; Step L back  
5 – 6      Rock back on R; Return weight to L  
7 – 8      Turn ½ left, stepping back on R; Turn ½ left, stepping forward on L □ ~ Option: Walk forward R, L □ □ □ 6:00

## [17-24] □ SYNCOPATED HEEL GRIND x2 ~ ¼ TURNING JAZZ BOX

1, 2 &      Grind R heel slightly in front of L foot while weighting R, shift weight to L, step R near L  
3, 4 &      Grind L heel slightly in front of R foot while weighting L, shift weight to R, step L near R  
5 - 8      Cross R over L; Step L back; Turn ¼ R, step side R; Step L forward □ □ □ □ □ 9:00

## [25-32] □ TOE STEP ~ ½ TURN TOE STEP ~ ¼ TURN HIP ROLLS (2X) □

1 – 2      Touch R toe forward, leaning back on L; Step down onto R foot  
3 – 4      Turn ½ left, touch L toe forward, leaning back on R; Step down onto L □ □ □ □ □ 3:00  
5 – 6      Step R ball forward, turning ¼ left; Return weight to L  
7 – 8      Step R ball forward; turning ¼ left; Return weight to L

Styling: execute counts 5 – 8 with counterclockwise hip rolls □ □ □ □ □ 9:00

Restart: Wall 3: Dance 28 counts. For the 2 hip rolls, slightly under-rotate to end at the 12:00 wall. Restart on 12:00 after hip rolls.

## [33-40] □ FORWARD MAMBO ~ BACK MAMBO ~ STEP LOCK ~ STEP LOCK STEP □

1 & 2      Step R ball forward; Return weight to L; Step R beside L  
3 & 4      Step L ball back; Return weight to R; Step L beside R  
5 – 6      Step R forward; Step ball of L behind R  
7 & 8      Step R forward; Step ball of L behind R; Step R forward □ □ □ □ □ □ □ 9:00

## [41-48] □ ROCK RETURN ~ ½ TURN TRIPLE ~ WALK WALK ~ CHASE ¼ TURN

1 – 2      Rock L forward; Return weight to R  
3 & 4      Turn ¼ left, stepping L to left; Step R beside L; Turn ¼ left, stepping L forward □ □ □ □ 3:00  
5 – 6      Step R forward; Step L forward (Option: full turn left stepping back R, forward L)  
7 & 8      Step R forward; Turn ¼ left, transferring weight to L; Cross R over L □ □ □ □ □ 12:00

## [49-56] □ SIDE TOGETHER ~ SIDE TOGETHER SIDE ~ CROSS POINT CROSS POINT

1 – 2      Step L to left; Step R beside L  
3 & 4      Step L to left; Step R beside L; Step L to left  
5 – 8      Cross R over L; Point L to left; Cross L over R; Point R to right □ □ □ □ □ □ □ 12:00

## [57-64] □ ROCK RETURN ~ COASTER STEP ~ ½ TURNING ARC

1 – 2      Rock R forward; Return weight to L  
3 & 4      Step R back; Step L beside R; Step R forward  
5 & 6      Step L forward; Step ball of R to right; Turn body slightly left, crossing L in front of R

& 7 Step ball of R side right; Turn body slightly left, crossing L in front of R  
& 8 Step ball of R side right; Turn body slightly left, crossing L in front of R□□□□□6:00  
**\*\*In counts 5 – 8, make a ½ arc, turning left**

**Begin Again**

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