

Mamma Mia

Count: 64

Wall: 4

Level: Phrased Intermediate

Choreographer: Emma Ciechanowski (USA), Maddie Longwill (USA) & Owen DuFrene (USA) - 2
April 2025

Music: Mamma Mia - Meryl Streep : (From 'Mamma Mia!' Original Motion Picture
Soundtrack)



Two sections

2 tags

3 restarts

Phrasing: AA TAG B A B AA TAG B A BB A B

A part: 32 counts

R step tap, L step tap, Rock fwd R, Recover, Full R turn back

1,2,3,4 Step R diagonal to R, step L together, step L diagonal to L, step R together

5,6,7,8 Rock R fwd, replace weight back onto L, make ½ turn over R stepping R back, make ½ turn over R stepping L back, tap R together

Grapevine R, LRL steps to R, Grapevine R, LRL steps to R,

1,2&3&4 Step R to R side, cross L behind R, step R to R side, cross L over R, step R slightly to R side, cross L over R

5,6&7&8 Step R to R side, cross L behind R, step R to R side, cross L over R, step R slightly to R side, cross L over R

R step tap, L step tap, Rock fwd R, Recover, Full R turn back

1,2,3,4 Step R diagonal to R, step L together, step L diagonal to L, step R together

5,6,7,8 Rock R fwd, replace weight back onto L, make ½ turn over R stepping R back, make ½ turn over R stepping L back, tap R together

Fwd (sweep), Front, Side, Behind (sweep) ¼ turn

1,2,3 Step R forward while sweeping L in front and clockwise

&4 Cross L over R, step R to R side,

&5,6,7 Make ¼ turn over R stepping L behind R while sweeping R behind and clockwise

8 Tap R together

Tag: 16 counts

Stomp R stomp L, ¼ Pivot sit Hip, Coaster L, Step Skip ¼ turn R

1,2,3,4 Stomp R Stomp L, Circle hips to the right sitting weight onto R while making ¼ pivot over L shoulder

5,6,7,8 Step L back, step together with the right, step FWD with L, Bring R up to Knee while making ¼ turn over L shoulder

Stomp R stomp L, ¼ Pivot sit hip, Coaster L, Step Skip ¼ turn R, Roll Hips

1,2,3,4 Stomp R Stomp L, Circle hips to the right sitting weight onto R

5,6,7,8 Step L back together with the right step FWD with L, Step FWD with the L make ¼ over L shoulder bring R foot up to knee, circle hips around to the R

B part: 32 counts

Point R, Point L, Hitch R, Tap L behind, Kick & Sweep R

1,2,3&4 Point R out to side, together, Point L out to Side, bring R up to L knee replace weight to R

5,6,7,8 Tap L behind, kick R forward then sweep back 2 counts

Sweep back, Rock Back R, crossover R over L ½ turn, hip bumps

1,2,3,4 Sweep R back, rock back weight on R, replace weight onto L

5,6,7,8 Cross R over left make $\frac{1}{2}$ over L shoulder, weight on R two hip bumps

$\frac{1}{4}$ turn Shuffle L, Shuffle R, $\frac{1}{2}$ Pivot turn, shuffle L,

1&2,3&4 $\frac{1}{4}$ Turn to left weight on L, Step L FWD R meets right behind, Step R FWD meets L behind,

5,6,7&8 Step L FWD pivot $\frac{1}{2}$ turn over the right shoulder, L FWD meet R behind

Walk walk, Hip hip $\frac{1}{4}$ turn

1,2,3,4 Walk FWD R, walk FWD L

5,6,7,8 Step FWD R to make $\frac{1}{4}$ turn over L shoulder circle hips 2 counts
