

Mama Mia!

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Günther Wodlei (AUT) & Patricia Soran (AUT) - May 2024
音乐: Mama Mia - Phil The Beat



Intro: Approx. 16 Counts (Start with heavy beat and lyrics)

Counts 1-8: SIDE MAMBO R+L WITH TOUCH AND CLAP

- 1-4 Rock RF to side; Recover on LF; Step together with RF; Touch LF near RF (optional clap your hands)
5-8 Rock LF to side; Recover on RF; Step together with LF; Touch RF near LF (optional clap your hands)

Counts 9-16: ROCKING CHAIR, STEP FWD. R, POINT L, STEP FWD. L, POINT R

- 1-4 Rock fwd. with RF; Recover on LF; Rock back with RF; Recover on LF
5-6 Step fwd. with RF; Point LF to side
7-8 Step fwd. with LF; Point RF to side

Counts 17-24: ¼-TURN JAZZ BOX, JAZZ BOX IN PLACE

- 1-4 Cross RF over LF; ¼-turn right (3.00) and step back LF; Side step RF; Step fwd. with LF
5-8 Cross RF over LF; Step back LF; Side step RF; Cross LF over RF

Counts 25-32: GRAPEVINE WITH FLICK R+L (OPTIONAL „FLAMENCO“-STYLING)

- 1-4 Step RF to side; Cross LF behind RF; Step RF to side; Flick LF behind RF
5-8 Step LF to side; Cross RF behind LF; Step LF to side; Flick RF behind LF

Optional Styling Counts 4+8 (Flicks): Right hand at belly height (palm down), left hand over head (palm up), look to the right and snip your fingers (Count 4); Repeat reversed on count 8

HAPPY DANCING

Email: patricia.soran@linea7.com

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