

Ay Mama Mia

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Amy Glass (USA) & Michele Burton (USA) - June 2014
音乐: 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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