

Mamma Mia

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2
編舞者: Toni (USA) - July 2018
音樂: Mamma Mia - ABBA

級數: Intermediate



TOUCH, KICK, TRIPLES

- 1-2 Touch R ball of foot to floor, kick R forward
- 3&4 Triple in place R, L, R
- 5-6 Touch L ball of foot to floor, kick L forward
- 7&8 Triple in place L, R, L

K-STEP

- 1-2 Step R in right diagonal, touch L beside R
- 3-4 Step L back in left diagonal, touch R beside L
- 5-6 Step R back in right diagonal, touch L beside R
- 7-8 Step L forward in left diagonal, touch R beside L

ROLLING GRAPEVINES R & L (ALT: VINE R, VINE L)

- 1-2 Step R to side making ¼ turn right, ¼ turn on the ball of R stepping L to left side
- 3-4 Pivot ½ turn on ball of L stepping R to right, CLAP
- 5-6 Step L to side making ¼ turn left, ¼ turn on the ball of L stepping R to right side
- 7-8 Pivot ½ turn on ball of R stepping L to left, CLAP

TOE STRUTS, KICK BALL CHANGE, ½ PIVOT

- 1-2 Touch R toe forward, drop R heel, weighting R
- 3-4 Touch L toe forward, drop L heel, weighting L
- 5&6 Kick R forward, step on ball of R next to L, change weight to L in place
- 7-8 Step forward on R, pivot ½ turn left on balls of both feet (weight on L)

TOE STRUTS, KICK BALL CHANGE, ½ PIVOT

- 1-2 Touch R toe forward, drop R heel, weighting R
- 3-4 Touch L toe forward, drop L heel, weighting L
- 5&6 Kick R forward, step on ball of R next to L, change weight to L in place
- 7-8 Step forward on R, pivot ½ turn left on balls of both feet (weight on L)

SIDE ROCK, CROSS and CROSS, SAILOR ½ TURN

- 1-2 Rock R to right side, recover on L
- 3&4 Step R over L, step ball of L to left, step R over L
- 5-6 Rock L to left side, recover on R
- 7&8 Step L behind R, make 1/4 turn left stepping R next to L, make 1/4 turn left on ball of R stepping L slightly forward

REPEAT

Last Update: 17 Mar 2023