

KARA Mamma Mia

COPPER **KNOB**
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Moon Jieun (KOR) & Han Myoungmin (KOR) - June 2025
音樂: Mamma Mia - KARA



Intro : 32 counts (Start at approx 16 secs)

No Tag, No Restart

SEC 1. Fwd Step, Point, Back Step, Point, Heel Bounce RF (X3), Clap (X2)

1 2 Step Forward RF(1), Point LF to Left(2)
3 4 Step Back LF(3), Point RF to Right(4)
5& Drop RF Heel(5), Raise RF Heel Up(&)
6& Drop RF heel(6), Raise RF Heel Up(&)
7 Drop RF Heel(7)
&8 Clap your hands (Recover weight on your left)(&), Clap(8)

***styling : When you do heel bounce, move your shoulders up and down, like a playing the guitar.**

***Easy option (5-7) : Hip bumping R(5), L(&), R(6), L(&), R(7)**

SEC 2. Syncopated Forward Rocks, Side Switch, Side Point RF & Hitch

1 2& Rock Forward on RF, Recover onto LF, Close RF next to LF
3 4& Rock Forward on LF, Recover onto RF, Close LF next to RF
5& Side Point RF to Right(5), Step RF Together(&)
6& Side Point LF to Left(6), Step LF Together(&)
7 8 Side Point RF to Right(7), Hitch RF(8)

SEC 3. 1/4 L Pivot (X2), 1/4 R Jazz Box

1 2 Step RF Forward(12:00)(1), Pivot 1/4 L transferring weight onto LF(9:00)(2)
3 4 Step RF Forward(9:00)(3), Pivot 1/4 L transferring weight onto LF(6:00)(4)
5 6 Cross RF over LF(5), 1/4 R Turn stepping LF back(9:00)(6)
7 8 Step RF to R side(7), Step LF Forward (8)

SEC 4. 1/2 R Monterey Turn, Side, Point, Step, Touch

1 2 Point RF to R side (1), 1/2 R Turn stepping RF next to LF(3:00)(2)
3 4 Point LF to L side(3), Step LF together(4)
5 6 Bend Knees stepping RF to R side (5), Straighten Knees and Point LF to L side (styling :
Turn body to Left looking back)(6)
7 8 Step LF in place(7), Touch RF next to LF(8)

E-Mail :

Moon Jieun : moonbear1486@naver.com

Han Myoungmin : hibishan@naver.com

YouTube :

www.youtube.com/@Moonbear_LD

www.youtube.com/@Dancing_Myoungmin

Last Update: 5 Jul 2025