

MAMMA MARIA

Choreographed by Frank Trace

Description: 32 count, 4 wall, ultra beginner line dance

Musik: Mamma Maria by Ricchi E. Poveri (iTunes)

Mamma Maria by The Countdown (iTunes)

High Lonesome Sound by Vince Gill 96 bpm (iTunes)

Poker Face by Lady GaGa (iTunes)

Start on vocals. When using Poker Face, start dance 32 counts in on heavy beat

WALK FORWARD DIAGONALLY RIGHT, KICK, WALK BACK DIAGONALLY LEFT, TOUCH

1-4 Turn 1/8 right and step right forward, step left forward, step right forward, kick left forward (1:30)

5-8 Step left back, step right back, step left back, turn 1/8 left and touch right together (12:00)

WALK FORWARD DIAGONALLY LEFT, KICK, WALK BACK DIAGONALLY RIGHT, TOUCH

1-4 Turn 1/8 left and step right forward, step left forward, step right forward, kick left forward (10:30)

5-8 Step left back, step right back, step left back, turn 1/8 right and touch right together (12:00)

TWO CHARLESTON STEPS

1-4 Step right forward, kick left forward, step left back, touch right back

5-8 Step right forward, kick left forward, step left back, touch right back

VINE RIGHT, TOUCH, VINE LEFT TURN ¼ LEFT, TOUCH

1-4 Vine right, touch left together

5-8 Step left to side, cross right behind left, turn ¼ left and step left forward, touch right together (9:00)

REPEAT

Dem Archiv hinzugefügt: 5-May-2009

Alternative Musikvorschläge:

Mika - Relax / Big Girl	4/2x	122/116bpm
Shania Twain - Man I Feel Like A Woman	2x	125bpm
Cher - Believe	4x	133bpm
Gloria Estefan - I Just Want To Be Happy	2x	132bpm
Vanessa Amorosi - Absolutely Everybody	4x	124bpm