

# MAMMA MIA

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**Count:** —                      **Wall:** —                      **Level:** Phrased Beginner / Intermediate

**Choreographer:** Teresa Liu, Emily Mah, Lane Lee (Malaysia) Oct 08

**Music:** Mamma Mia by ABBA

## **Intro: 32 Counts Intro**

**Sequence: A, B, A(56), A,B, A(24), B, B, A.**

## **Part A (80 Counts)**

### **S1A: Right And Left Rolling Vines, Clap**

**1-2 ¼ turn stepping R, forward ½ turn R stepping L back**

**3-4 ¼ turn R stepping R, touch L beside R with clap**

**5-6 ¼ turn L stepping L forward, ½ turn stepping R back**

**7-8 ¼ turn L stepping L, touch R beside L with clap**

### **S2A: Forward Rock, ½ Turn R Shuffle ,Forward Rock ½ Turn Left Shuffle**

**1-2**            Forward on R, Rock back on L

**3&4 ½ turn R, stepping R, L, R**

**5-6**            Forward on L, Rock back on R

**7&8 ½ turn L, stepping L, R, L**

### **S3A: Cross Point, Cross Point, Jazz Box ½ Turn Right**

**1-2**            Cross R over L, point L to L

**3-4**            Cross L over R, point R to R

**5-6**            Cross R over L, step back on L

**7-8 ½ R step R to R, cross L over R**

### **A (24 counts) Replace Jazz Box ½ turn with Jazz Box without turn facing 12.00**

### **S4A: Cross Point, Cross Point, And Jazz Box ½ Turn Right**

**1-2**            Cross R over L, point L to L

- 3-4 Cross L over R, point R to R  
5-6 Cross R over L, step back on L

**7-8 ½ turn R, step R to R, cross L over R**

**S5A: Step Touches Diagonal Forward X2, Step Touches Diagonal Back X2**

- 1-2 Step forward to R diagonal, touch L next to R  
3-4 Step forward to L diagonal, touch R next to L  
5-6 Step back R diagonal, touch L next to R  
7-8 Step back L diagonal, touch R next to L

**S6A: Kick Ball Forward X2, Step ½ Turn Left, Step ½ Turn Left**

- 1&2 Travelling forward- Kick R forward, step back on ball of R. Step L forward  
3&4 Repeat 1-2  
5-6 Stepping forward R pivot ½ turn L  
7-8 Repeat 5-6 (12.00)

**S7A: Toe Struts Forward (2x) Rocking Chair**

- 1-2 Touch ball of R forward, press R heel down  
3-4 Touch ball of L forward, press L heel down  
5-6 Rock R forward, recover L  
7-8 Rock R backward, recover L

**A (56) Restart Facing 12.00**

**S8A: Toe Struts Forward (2x) Rocking Chair**

- 1-2 Touch ball of R forward, press R heel down  
3-4 Touch ball of L forward, press L heel down  
5-6 Rock R forward, recover L  
7-8 Rock R backward, recover L

**S9A: Lunge Right Recover, Weave Left, Side Rock, Weave Right**

- 1-2 Lunge R to R, recover weight on L  
3&4 Step R behind L, step L to L, step R in front of L  
5-6 Step L and sway L, step R and sway R

7&8 Step L behind R, step R to R, step L in front of R

### **S10A: Lunge Right Recover, Weave Left, Side Rock, Weave Right**

1-2 Lunge R to R, recover weight on L

3&4 Step R behind L, step L to L, step R in front of L

5-6 Step L and sway L, step R and sway R

7&8 Step L behind R, step R to R, step L in front of R

### **Part B (32 Counts)**

#### **S1B: Sway Right, Sway Left, Sway Right, Left, Right, Rock Recover Pivot $\frac{1}{2}$ turn Left Shuffle**

1-2 Sway R and L (swing hands from R to L)

3&4 Sway R, L, R

5-6 Rock forwards L, recover R

7&8 Pivot  $\frac{1}{2}$  turn L, shuffle forward L, R, L (6.00)

#### **S2B: Sway Right, Left, Sway Right, Left, Right, Rock Forward, pivot $\frac{3}{4}$ Left Shuffle**

1-2 Sway R and L

3&4 Sway R, L, R

5-6 Rock forward on L, Recover R

7&8 Pivot  $\frac{3}{4}$  turn L, triple step L, R, L (9.00)

#### **S3B: Sway Right, Left, Sway Right, Left, Right, Rock Forward, Pivot $\frac{3}{4}$ Left Shuffle**

1-2 Sway R and L

3&4 Sway R, L, R

5-6 Rock forward on L, Recover R

7-8 Pivot  $\frac{1}{2}$  turn L, shuffle L, R, L (3.00)

#### **S4B: Sway Right, Left, Sway Right, Left, Right, Rock Recover, Jazz Box $\frac{1}{4}$ Turn Left**

1-2 Sway R, L

3&4 Sway R, L, R

5-6 Cross L over R,  $\frac{1}{4}$  turn L step back on R

7-8 Step L to L, touch R beside L (12.00)

**End of the dance, you will be facing 12 O'clock. Do extra 8 more counts.**

**1-8** Step Right Forward, 2 Pivot ½ Turn Left, Sway R, L, R, L Until Music Fade Off.

**This dance is specially dedicated to "Jasz Danze Your Holiday" ladies at X'mas Island  
(03 Oct 08) Dance "Red Crab" Dance**