

Øvet den 27. oktober 2010

Begynder-dans

Mamma Maria

4 Wall - 32 Counts - Absolut Beginner

Choreographed by: Frank Trace (USA) May 2009

Choreographed to: 'Mamma Maria' by Ricchi E Poveri from CD Grandi Successi, or by The Countdown from CD Best of Italy Vol 2 (both Italian) (136 bpm); both available as download from amazon.co.uk or iTunes (16 count intro)

Music Suggestions: 'High Lonesome Sound' by Vince Gill (96 bpm); 'Poker Face' by Lady Gaga (120 bpm; intro count 32)

Choreographer's Note: There are many recordings of Mamma Maria, all will work.

Section 1 Walk Forward Diagonally Right, Kick, Walk Back Diagonally Left, Touch

1 - 2 Step right forward diagonally right. Step left forward diagonally right.

3 - 4 Step right forward diagonally right. Kick left forward. (1:30)

5 - 6 Step left back diagonally left. Step right back diagonally left.

7 - 8 Step left back diagonally left. Touch right beside left, squaring up to front wall.

Section 2 Walk Forward Diagonally Left, Kick, Walk Back Diagonally Right, Touch

1 - 2 Step right forward diagonally left. Step left forward diagonally left.

3 - 4 Step right forward diagonally left. Kick left forward. (10:30)

5 - 6 Step left back diagonally right. Step right back diagonally right.

7 - 8 Step left back diagonally right. Touch right beside left, squaring up to front wall.

Section 3 Charleston Step x 2

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.

Section 4 Grapevine Right, Touch, Grapevine Left 1/4 Turn, Touch

1 - 2 Step right to right side. Cross left behind right.

3 - 4 Step right to right side. Touch left beside right.

5 - 6 Step left to left side. Cross right behind left.

7 - 8 Make 1/4 turn left stepping onto left. Touch right beside left. (9:00)