$J \odot Ily Dancers e.v.$

Italiano

64 count, 2 wall, intermediate level Choreographer: Rachael McEnaney-White (USA), Shane McKeever (IE) & Niels Poulsen (NL), October 2016 Choreographed to: "Mamma Mia" by Elena ft. Glance

Intro: 16 counts, dance begins on vocals

Section 1 1, 2 3&4 5&6& 7, 8	Side Rock, L Behind, 1/4 R, L Fwd, R Touch, Heel Jack, L Ball, R Fwd, 1/2 Pivot Left Rock L to left side, recover weight R Cross L behind R, make 1/4 turn right stepping forward R, step forward L (3:00) Fouch R next to L, step back R, touch L heel forward, step in place on ball of L Step forward R, pivot 1/2 turn left (9:00)	
Section 2 1, 2& 3, 4& 5-8	R Dorothy Step, L Dorothy Step, R Fwd Rock, 1/2 Turn R, 1/4 Turn R Step R to right diagonal, cross L behind R, step R to right diagonal Step L to left diagonal, cross R behind L, step L to left diagonal Rock forward R, recover, 1/2 turn right stepping R forward, 1/4 turn right stepping L to left side (6:00)	
Section 3 1, 2 3&4 5, 6 7, 8	R Behind, L Side, R Crossing Shuffle, 4 Swivels L-R-L 1/4 Turn R Cross R behind L, step L to left side Cross R over L, step L to left side, cross R over L Swivel heels right stepping L to left side, swivel heels left stepping R to right side Swivel heels right stepping L to left side, swivel heels left while 1/4 turn right stepping forward on R (9:00)	
Section 4 1-3 4, 5 <i>Option</i> 6&7, 8	L Fwd, R Kick, R Back, 1/4 Turn R Looking Back, 1/4 Turn L, R Kick-Ball-Cross, R Side Step forward L, kick R forward, step back R 1/4 turn right as you bend knees and look back over right shoulder, 1/4 turn left as you recover weight L On count 4 take R hand to forehead as if looking for something Kick R to right diagonal, step in place on ball of R, cross L over R, step R to right side	
Section 5 1&2 3&4 Option 5, 6 7&8&	L Sailor, Hold With 'shake', R Ball, L Side, R Points Fwd-Side, R Sailor Into R Chasse Cross L behind R, step R next to L, step L to left side Hole, step R next to L, step L to left side On count 2&3 shimmy shoulders Point R toe across L, point R to right side Cross R behind L, step L next to R, step R to right side, step L next to R	
Section 6 1-3 4&5 6, 7 8	R Side (end of R Chasse), L Points Fwd-Side, L Sailor 1/4 Turn L, 1/2 Turn L Doing 3 Touch Step R to right side, point L toe across R, point L to left side Cross L behind R, step R next to left, 1/4 turn left stepping forward L (6:00) 1/8 turn left pushing R to right side, 1/4 turn left pushing R to right side (1:30) 1/8 turn left pushing R to right side (weight ends on R) (12:00) *** restant	
Section 7 1, 2 3&4 5, 6 7&8	Side Rock, L Behind-Side-Cross, R Side Rock, R Behind, 1/4 L, R Fwd Rock L to left side, recover Cross L behind R, step R to right side, cross L over R Rock R to right side, recover Cross R behind L, 1/4 turn left stepping forward L, step forward R (9:00)	
Section 8 1, 2& 3, 4& 5-8	Syncopated Fwd Rocks L&R, 1/4 Turn L Doing L Jazz Box (R Cross At End) Rock Forward L, recover, step ball of L next to R Rock Forward R, recover, step ball of R next to L Cross L over R, step back R, 1/4 turn left stepping L to left side, cross R over L (6:00)	

Quelle:

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