

MAMMA MARIA

Count: 32

Wall: 4

Level: Ultra Beginner

Choreographer: Frank Trace

Music: Mamma Maria by Ricchi E Poveri (136 bpm) (Italian) or "Mamma Maria" by The Countdown (136 bpm) (Italian)



Start dance 16 counts in on vocal.

Note: There are many recordings of this song, all will work.

Alt. Music:

“High Lonesome Sound” by Vince Gill (96 bpm) (Country)

“Poker Face” by Lady Gaga (120 bpm) (Pop)

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

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

1-4 Walk forward right diagonal stepping R, L, R, kick L forward (1:30)

5-8 Walk back left diagonal stepping L, R, L, touch R next to L as you square up with front wall (12:00)

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

1-4 Walk forward left diagonal stepping R, L, R, kick L forward (10:30)

5-8 Walk back right diagonal stepping L, R, L, touch R next to L as you square up with front wall (12:00)

TWO CHARLESTON STEPS

1-4 Step R forward, kick L forward, step L back, touch R back

5-8 Step R forward, kick L forward, step L back, touch R back

VINE RIGHT, TOUCH, VINE LEFT 1/4 TURN LEFT, TOUCH

1-4 Step R to right side, step L behind R, step R to right side, touch L next to R

5-8 Step L to left side, step R behind L, turning 1/4 left step on L, touch R next to L (9:00)

REPEAT

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