

Mamma Maria



Choreographed by: Frank Trace
Music: **Mamma Maria** by **Ricchi E Poveri** OR **The Countdown** (BPM 136)
Type: 4 wall, 32 counts
Level: Ultra Beginner

NOTES Start dance 16 counts in on vocal. There are many recordings of this song, all will work.

Alternative music:

High Lonesome Sound by Vince Gill (BPM 96)

Poker Face by Lady Gaga (BPM 120), start dance 32 counts in on heavy beat

[1 – 8] WALK FORWARD DIAGONALLY RIGHT, KICK, WALK BACK DIAGONALLY LEFT, TOUCH

1 – 4 Walk forward right diagonal stepping right-left-right, kick left forward. [1:30]

5 – 8 Walk back left diagonal stepping left-right-left, touch right next to left and square up with front wall.

[9 – 16] WALK FORWARD DIAGONALLY LEFT, KICK, WALK BACK DIAGONALLY RIGHT, TOUCH

1 – 4 Walk forward left diagonal stepping right-left-right, kick left forward. [10:30]

5 – 8 Walk back left diagonal stepping left-right-left, touch right next to left and square up with front wall.

[17 – 24] CHARLESTON-STEPS X2

1 – 4 Step right forward, kick left forward, step back on left, touch right back.

5 – 8 Step right forward, kick left forward, step back on left, touch right back.

[25 – 32] GRAPEWINE RIGHT, GRAPEWINE LEFT WITH ¼ TURN LEFT

1 – 4 Step right to right side, step left behind right, step right to right side, touch left next to right.

5 – 8 Step left to left side, step right behind left, make ¼ turn left stepping left forward, touch right next to left. [9:00]

Start Again!