

Ay Mama Mia

64 Count, 2 Wall, Intermediate

Choreographer: Amy Glass & Micele Burton (US) June 2014

Choreographed to: Mama Mia [radio edit] by Mayra Veronica
(132bpm)

32 count intro

1-8 CROSS BALL CHANGE (botafogo) ~ CROSS BALL CHANGE (botafogo) ~ CROSS ¼ ¼ CROSS

1 & 2 Step R over L; Step ball of L to left; Return weight to right (body angled to right diagonal)

3 & 4 Step L over R; Step ball of R to right; Return weight to left (body angled to left diagonal)

5 – 8 Cross R over L; Turn ¼ right, step left back; Turn ¼ right, step R to right; Cross L over R 6:00

9-16 SIDE MAMBO ~ LOCK STEP BACK ~ ROCK RETURN ~ FULL TURN FORWARD

1 & 2 Step R to right; Return wt. to L; Step R beside L

3 & 4 Step L back; Lock R in front of L; Step L back

5 – 6 Rock back on R; Return weight to L

7 – 8 Turn ½ left, stepping back on R; Turn ½ left, stepping forward on L ~ Option: Walk forward R, L 6:00

17-24 SYNCOPATED HEEL GRIND x2 ~ ¼ TURNING JAZZ BOX

1, 2 & Grind R heel slightly in front of L foot while weighting R, shift weight to L, step R near L

3, 4 & Grind L heel slightly in front of R foot while weighting L, shift weight to R, step L near R

5 - 8 Cross R over L; Step L back; Turn ¼ R, step side R; Step L forward 9:00

25-32 TOE STEP ~ ½ TURN TOE STEP ~ ¼ TURN HIP ROLLS (2X)

1 – 2 Touch R toe forward, leaning back on L; Step down onto R foot

3 – 4 Turn ½ left, touch L toe forward, leaning back on R; Step down onto L 3:00

5 – 6 Step R ball forward, turning ¼ left; Return weight to L

7 – 8 Step R ball forward; turning ¼ left; Return weight to L

Styling execute counts 5 – 8 with counter clockwise hip rolls 9:00

Restart: Wall 3: Dance 28 counts. For the 2 hip rolls, slightly under-rotate to end at the 12:00 wall. Restart on 12:00 after hip rolls.

33-40 FORWARD MAMBO ~ BACK MAMBO ~ STEP LOCK ~ STEP LOCK STEP

1 & 2 Step R ball forward; Return weight to L; Step R beside L

3 & 4 Step L ball back; Return weight to R; Step L beside R

5 – 6 Step R forward; Step ball of L behind R

7 & 8 Step R forward; Step ball of L behind R; Step R forward 9:00

41-48 ROCK RETURN ~ ½ TURN TRIPLE ~ WALK WALK ~ CHASE ¼ TURN

1 – 2 Rock L forward; Return weight to R

3 & 4 Turn ¼ left, stepping L to left; Step R beside L; Turn ¼ left, stepping L forward 3:00

5 – 6 Step R forward; Step L forward (Option: full turn left stepping back R, forward L)

7 & 8 Step R forward; Turn ¼ left, transferring weight to L; Cross R over L 12:00

49-56 SIDE TOGETHER ~ SIDE TOGETHER SIDE ~ CROSS POINT CROSS POINT

1 – 2 Step L to left; Step R beside L

3 & 4 Step L to left; Step R beside L; Step L to left

5 – 8 Cross R over L; Point L to left; Cross L over R; Point R to right 12:00

57 –64 ROCK RETURN ~ COASTER STEP ~ ½ TURNING ARC

1– 2 Rock R forward; Return weight to L

3 & 4 Step R back; Step L beside R; Step R forward

5&6 Step L forward; Step ball of R to right; Turn body slightly left, crossing L in front of R

& 7 Step ball of R side right; Turn body slightly left, crossing L in front of R

& 8 Step ball of R side right; Turn body slightly left, crossing L in front of R 6:00

Note In counts 5 – 8, make a ½ arc, turning left

Begin Again

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