

MAMMA MIA



Composers: Takao & Setsuko Ito

4-2-43 Honcho Odawarashi Kanagawaken 250-0012 Japan

Record : "Mamma Mia" CD "Mamma Mia" Dancebeat 16 Track 1

Rhythm : CHA CHA(ph) Speed: As on CD Date : March 2009 Ver.1.0

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro-A-B-C-Bridge-A-B-C-Ending

Meas

INTRO

1 ~ 8 (Bfly/Wall) Wait;; 1/2 Basic; Underarm Trn(R hands star); Wheel Cha; W Spin Ending; Shoulder to Shoulder;;

- 1- 2 Bfly/Wall lead foot free for both 2 measure wait;;
- 3 (1/2 Basic) Fwd L, rec R, sd L/cl R, sd L;
- 4 (Underarm Trn) Bk R, rec L, stp in place R/L, R(W XLIF of R commence RF trn under lead hand, cont RF trn rec R fc COH, sd L/cl R, sd L) right hand star position;
- 5 (Wheel Cha) Fwd L commence RF wheel, fwd R cont RF wheel, fwd L/R,L fc COH;
- 6 (Wheel Cha W Spin Ending) Cont RF wheel R,L,R/L,R(W cont wheel L,R, spin RF L/R,L fc COH) end bfly/wall;
- 7- 8 (Shoulder to Shoulder) Fwd L to bfly/scar, rec R to fc, sd L/cl R, sd L;
Fwd R to bfly/bjo, rec L to fc, sd R/cl L, sd R;

Meas

PART A

1 ~ 8 Basic;; New Yorker; Spot Trn; Break Bk to OP; Walk 2 Cha; Circle Away & Tog;;

- 1- 2 (Basic) Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;
- 3 (New Yorker) LOP/RL0D Ck thru L, rec R fc partner, sd L/cl R, sd L;
- 4 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner and Wall, sd R/cl L, sd R;
- 5 (Break Bk to OP) Swivel LF on R bk L OP/LOD, rec R, fwd L/cl R, fwd L;
- 6 (Walk Cha) Fwd R, fwd L, fwd R/cl L, fwd R;
- 7- 8 (Circle Away & Tog) Circle LF twd COH(W circle RF twd wall)fwd L,R, fwd L/cl R, fwd L; Circle LF twd Wall(W circle RF twd COH)fwd R,L, fwd R/cl L, fwd R;

9 ~ 20 1/2 Basic; Underarm Trn; Lariat;; Fence Line Twice;; New Yorker; Spot Over Trn(W Trans); Mod Peek-A-Boo;; Chase Trn(M in 4); (Bfly/Wall)Merengue 4;

- 9 (1/2 Basic) Fwd L, rec R, sd L/cl R, sd L;
- 10 (Underarm Trn) Bk R, rec L, stp in place R/L, R(W XLIF of R commence RF trn under lead hand, cont RF trn rec R fc COH, sd L/cl R, sd L) right hand star position;
- 11-12 (Lariat) Sd L, rec R, in place L/R,L(W circle around man CW with joined lead hands fwd R, fwd L, fwd R/cl L, fwd R); Sd R, rec L, in place R/L,R(W cont circle around man CW with joined lead hands fwd L, fwd R, fwd L/cl R, fwd L end fc partner) bfly/wall;
- 13-14 (Fence Line Twice) XLIF of R, rec R, sd L/cl R, sd L; XRIF of L, rec L, sd R/cl L, sd R;
- 15 (New Yorker) LOP/RL0D Ck thru L, rec R fc partner, sd L/cl R, sd L;
- 16 (Spot Over Trn W Trans) XRIF of L commence LF trn, cont LF trn rec L fc Wall, (1234) sd R cont LF trn fc COH/cl L, stp in place R(W XLIF of R commence RF trn, cont RF trn rec R fc COH, sd L cont RF trn fc Wall, cl R)bk to bk position;
- SQQ 17-18 (Mod Peek-A-Boo) Same footwork sd L hands on hip upper body RF trn fc partner, SQQ -, rec R, cl L; Sd R hands on hip upper body LF trn fc partner, -, rec R, cl L;
- 1234 19 (Chase Trn M in 4) Fwd L commence RF trn, cont trn fc Wall rec R, small stp fwd L, (123&4) cl R(W fwd L commence RF trn, cont trn fc COH rec R, small stp fwd L/stp in place R,L);
- 1234 20 (Merengue 4) Sd L, cl R, sd L, cl R;

Meas

PART B

1 ~ 8 OP Break; Whip Fc COH; Crab Walk; Sd Walk; OP Break; Whip Fc Wall; Crab Walk; Sd Walk;

- 1 (OP Break) Rk apt L trail hand straight up, rec R Bfly, sd L/cl R, sd L;
- 2 (Whip) Bk R commence LF trn, rec fwd L cont trn fc COH, sd R/cl L, sd R (W fwd L outsd man on his left sd, fwd R 1/2 LF trn, sd L/cl R, sd L);
- 3 (Crab Walk) XLIF of R, sd R, XLIF of R/sd R, XLIF of R;
- 4 (Sd Walk) Sd R, cl L, sd R/cl L, sd R;
- 5 (OP Break) Rk apt L trail hand straight up, rec R Bfly, sd L/cl R, sd L;
- 6 (Whip) Bk R commence LF trn, rec fwd L cont trn fc Wall, sd R/cl L, sd R (W fwd L outsd man on his left sd, fwd R 1/2 LF trn, sd L/cl R, sd L);
- 7 (Crab Walk) XLIF of R, sd R, XLIF of R/sd R, XLIF of R;
- 8 (Sd Walk) Sd R, cl L, sd R/cl L, sd R;

Meas

PART C

1 ~ 10 Double Chase Peek-A-Boo;::::; Traveling Door Twice;;

- 1- 8 (Double Chase Peek-A-Boo) Fwd L commence RF trn, cont trn fc COH rec R, fwd L/cl R, fwd L(W bk R, rec L, fwd R/cl L, fwd R); Sd R looking over left shoulder, rec L, cl R/stp in place L,R(W sd L, rec R, cl L/stp in place R,L); Sd L looking over right shoulder, rec R, cl L/stp in place R,L (W sd R, rec L, cl R/stp in place L,R); Fwd R commence LF trn, cont trn fc Wall rec L, fwd R/cl L, fwd R(W fwd L commence RF trn, cont trn fc Wall rec R, fwd L/cl R, fwd L); Sd L, rec R, cl L/stp in place R,L(W Sd R looking over left shoulder, rec L, cl R/stp in place L,R); Sd R, rec L, cl R/stp in place L,R (W sd L looking over right shoulder, rec R, cl L/stp in place R,L); Fwd L, rec R, bk L/cl R, bk L(W fwd R commence LF trn, cont trn fc COH rec L, fwd R/cl L, fwd R); Bk R, rec L, fwd R/cl L, fwd R(W fwd L, rec R, bk L/cl R, bk L);
- 9-10 (Traveling Door) Bfly/Wall sd L, rec R, XLIF of R/sd R, XLIF of R; Sd R, rec L, XRIF of L/sd L, XRIF of L;

Meas

Bridge

1 ~ 4 Circle Away & Tog;; New Yorker in 4; Merengue 4;

- 1- 2 (Circle Away & Together) Circle LF twd COH(W circle RF twd wall)fwd L,R, fwd L/cl R, fwd L; Circle LF twd wall(W circle RF twd COH)fwd R,L, fwd R/cl L, fwd R;
- 3 (New Yorker in 4) LOP/RL0D Ck thru L ,rec R fc partner, sd L, cl R;
- 4 (Merengue 4) Bfly sd L, cl R, sd L, cl R;

Meas

ENDING

1 ~ 10+ Circle Away & Tog;; New Yorker in 4; Merengue 4; 1/2 Basic; Underarm Trn; (R hands star) Wheel Cha; W Spin Ending; Shoulder to Shoulder;; OP Break & Hold

- 1- 4 Repeat meas 1-4 Bridge;;;;
- 5-10 Repeat meas 3-8 Part A;;;;
- + (OP Break) Rk apt L trail hand straight up