

Swivelfeet linedancers Hälsinglands gladaste Linedancers

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Mamma Maria

4 WALL - 32 COUNTS - ABSOLUTE BEGINNER

Choreographed by: Frank Trace (USA) May 2009

Choreographed to: 'Mamma Maria' by Ricchi E Poveri from CD Grandi Successi,
or by The Countdown from CD Best of Italy Vol 2 (both Italian) (136 bpm);
both available as download from amazon.co.uk or iTunes (16 count intro)

Music Suggestions: 'High Lonesome Sound' by Vince Gill (96 bpm);

'Poker Face' by Lady Gaga (120 bpm; intro count 32)



Actual footwork	Calling suggestion	Direction
Section 1 Walk Forward Diagonally Right, Kick, Walk Back Diagonally Left, Touch		
1 - 2 Step right forward diagonally right. Step left forward diagonally right.	Right Left	Forward
3 - 4 Step right forward diagonally right. Kick left forward. (1:30)	Right Kick	
5 - 6 Step left back diagonally left. Step right back diagonally left.	Back Right	Back
7 - 8 Step left back diagonally left. Touch right beside left, squaring up to front wall.	Left Touch	

Section 2 Walk Forward Diagonally Left, Kick, Walk Back Diagonally Right, Touch		
1 - 2 Step right forward diagonally left. Step left forward diagonally left.	Right Left	Forward
3 - 4 Step right forward diagonally left. Kick left forward. (10:30)	Right Kick	
5 - 6 Step left back diagonally right. Step right back diagonally right.	Back Right	Back
7 - 8 Step left back diagonally right. Touch right beside left, squaring up to front wall.	Left Touch	

Section 3 Charleston Step x 2		
1 - 4 Step right forward. Kick left forward. Step left back. Touch right back.	Charleston	On the spot
5 - 8 Step right forward. Kick left forward. Step left back. Touch right back.	Charleston	

Section 4 Grapevine Right, Touch, Grapevine Left 1/4 Turn, Touch		
1 - 2 Step right to right side. Cross left behind right.	Side Behind	Right
3 - 4 Step right to right side. Touch left beside right.	Side Touch	
5 - 6 Step left to left side. Cross right behind left.	Side Behind	Left
7 - 8 Make 1/4 turn left stepping onto left. Touch right beside left. (9:00)	Turn Touch	Turning left