

MAMMA MIA

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MUSIC: "Mamma Mia" BY THE Tanz Orchestra Klaus Halten 3:32 download Amazon
RHYTHM: CHA RAL PHASE 5 + 2+ 1 [Turkish towel, curly whip] [circular X bdy]
FOOTWORK: Opposite unless indicated. SPEED: slowed 5-6% adjust for comfort
SEQUENCE: INTRO A B C A B C D A(1-13) END RELEASED: 9/2013

INTRO

1-4 WAIT;; SINGLE CUBANS; SPOT TRN IN 4;

- 1-2 Fcg ptr wall no hnds jnd wait;;
- 3 [SINGLE CUBANS] XLIF of R/rec R, sd L, XRIF of L/rec L, sd R;
- 4 [SPOT TRN IN 4] XLIF of R trng 1/2 RF, rec L trng 1/2 RF to fc ptr, sd L, in plc R;

PART A

1-8 TURKISH TOWEL EXTENDED;;;;; X BDY; NYR IN 4; NYR TO STRT TRNG TRIPLE CHAS;

- 1 [TURKISH TOWEL EXTENDED] jn R/R hnds fwd L, rec R, bk L/lk RIF of L, bk L raise jnd hnds (W bk R, rec L, fwd R/lk LIB of R, fwd R comm RF trn undr jnd hnds);
- 2 Bk R leading W to trn RF undr jnd R/R hnds rec L, sd R/cl L, sd R (W fwd L trng RF undr jnd hnds, fwd R cont RF trn, fwd L/R/, L moving CW arnd M to end in back of M to his left side & join L hnds);
- 3 In M's L varsouv pos ck bk L, rec R, sd L/cl R, sd L to W's L; sd (W ck fwd R, rec L, sd R/cl L, sd R to M's R sd);
- 4 Ck bk R, rec L, sd R/cl L, sd R to W's R sd (W ck fwd L, rec R, sd L/cl R, sd L to M's L sd);
- 5 REPEAT MEAS 3 PART A;
- 6 [CROSS BDY] release L/L hnds bk R leading W twd WALL, rec L chng to lead hnds, sd R/cl L, sd R (W fwd L moving arnd M on his R sd, fwd R trng LF to fc ptr COH, sd L/cl R, sd L);
- 7 [NYR IN 4] fcg ptr WALL lead feet free lead hnds jnd XLIF of R trng RF to fc RLOD, rec R, trng LF to fc ptr sd L, in plc R;
- 8 [NYR TO STRT TURNING TRIPLE CHAS] XLIF of R trng RF to fc RLOD, rec R trng LF to fc LOD fwd L/lk RIB of L, fwd L;

9-12 FINISH TRNG TRIPLE CHAS; AIDA TO BK TRIPLE CHAS;; SWITCH W/CUBAN BRK;

- 9 [FINISH TRNG TRIPLE CHAS] trng LF (W RF) away from ptr fwd R/cont LF trn lk LIF of R, bk R cont LF trn to BFLY, sd L/cl R, sd L;
- 10-11 [AIDA TO BK TRIPLE CHAS] fwd R trng RF, sd L cont RF trn, bk R/lk LIF of R, bk R to "V" bk to bk pos; bk L/lk RIF of L, bk L, bk R/lk LIF of R, bk R;
- 12 [SWITCH WITH CUBAN BRK] in aida pos with lead hnds jnd sd L trng LF to fc ptr bringing jnd hnds thru, rec R, XLIF or R/rec R, sd L;

13-16 SPOT TRN; DBLE CUBANS;; SPOT TRN IN 4;

- 13 [SPOT TRN] XRIF of L (XLIF or R) trng 1/2 LF (RF), cont LF trn rec L to fc ptr WALL, sd R/cl L, sd R blend to BFLY;
- 14-15 [DBLE CUBANS] fcg ptr WALL in BFLY XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L; XRIF of L, rec L, sd R; rec L, XRIF or L/rec L, sd R;
- 16 [SPOT TRN IN 4] REPEAT MEAS 4 INTRO;

PART B

1-4 CHASE FULL TRNS;; SHLDR/SHLDR W/ARMS TWICE TO SHAKE HNDS;;

- 1-2 [CHASE FULL TRNS] fwd L trng 1/2 RF, rec R trng 1/2 RF to fc WALL, bk L/lk RIF of L, bk L (W bk R, rec L, fwd R/lk LIB of R, fwd L) end fcg ptr WALL; Bk R, rec L, fwd R/lk LIB of R, fwd R (W fwd L trng 1/2 RF, rec R trng 1/2 RF to fc ptr COH, bk L/lk RIF of L, bk L) end fcg ptr WALL;
- 3-4 [SHLDR/SHLDR W/ARMS TWICE TO SHAKE HNDS] no hnds jnd fwd L to SCAR pos raising R arm straight up, rec R to fc lowering arm, sd L/cl R, sd L (W bk R to SCAR pos raising R arm straight up & placing L hnd on M's chest, rec L to fc lowering arm, sd R/cl L, sd R); fwd R to BJO pos raising L arm straight up, rec L to fc lowering arm, sd R/cl L, sd R (W bk L to BJO pos raising L arm straight up and placing R hnd on M's chest, rec R to fc lowering arm, sd L/cl R, sd L) jn R/R hnds;

5-12 CIRCULAR CROSS BODY;;;;; AIDA; SWITCH ROCK; SPOT TRN;

- 5 With R/R hnds jnd fwd L, rec R trng 1/4 LF to fc LOD, sd L/cl R, sd L (W bk R, rec L, fwd R/fwd L, fwd R) end M fcg LOD & W fc COH;
- 6 Bk R, rec L comm LF trn leading W to XIF of M, cont LF trn to fc DRC in plc R/L, R leading W to trn LF (W fwd L, fwd R comm LF trn 1 & 1/8, cont LF trn L/R, L to fc DRC) blending to varsouv;
- 7 Fwd L, rec R trng LF 1/8 to fc RLOD, sd L/cl R, sd L (W fwd R, fwd L release jnd L hnds & trn RF 1/2 to fc DLW, cont RF trn to fc WALL sd R/cl L, sd & fwd R (end M fcg RLOD & W fcg WALL with R hnds jnd in front of W);
- 8 Bk R, rec L comm LF trn leading W to XIF of M, cont LF trn to fc DLW in plc R/L, R leading W to trn LF (W fwd L, fwd R comm LF trn 1 & 1/8, cont LF trn to fc DLW L/R, L) blending to varsouv fcg DLW;
- 9 Fwd L, rec R trng sl LF, sd L/cl R, sd & fwd L to fc LOD (W fwd R, fwd L releasing jnd L hnds & trng 1/2 RF to fc DRC, trning another 3/8 RF to fc LOD sd R/cl L, sd & fwd R) end both fc LOD with R/R hnds jnd trail ft free;
- 10 [AIDA] keeping R/R hnds joined thru R twd LOD, sd L trng RF, bk R/lk LIF of R, bk R to end in "V" bk/bk pos;
- 11 [SWITCH ROCK] trng LF to fc ptr sd L checking & bringing jnd hnd thru, rec R, sd L/cl R, sd L to end fcg ptr WALL with trail foot free;
- 12 [SPOT TRN] REPEAT MEAS 13 PART A;;

PART C

1-10 OP HIP TWIST TO FACING FAN;; FWD BASIC TO FULL NATL TOP FC WALL;;;;;

FWD BASIC ; WHIP TO LOD FOR TRIPLE CHAS;; STRT CHASE 1/2 ;

- 1-2 [OPEN HIP TWIST TO FCG FAN] ck fwd L, rec R, in plc L/R, L with tension in L arm to trn W RF (W bk R, rec L, fwd R/lk LIB of R, fwd R swiveling 1/4 RF on R); bk R, rec L, in plc R/L, R trng 1/4 LF to fc LOD(W fwd L twd LOD, sd & bk R trng 1/2 LF, bk L/lk RIF of L, bk L leaving R ft extended fwd with no weight) end fcg ptr LOD lead ft free;

PART C (CONT)

- 3 [FWD BASIC TO] Fwd L, rec R blending to CP, bk L comm RF trn ;
- 4-6 [FULL NATL TOP FC WALL] Moving CW XRIB of L toe to heel trng RF, sd L cont trn RF, XRIB of L/ sd L, XRIB of L toe to heel (W sd L trng RF, cont RF trn XRIF of L, cont RF trn sd L/XRIF of L, sd L);
Moving CW cont RF trn sd L, XRIB of L toe to heel, cont RF trn sd L/XRIB of L toe to heel, sd L (W cont RFtrn XRIF of L, sd L, XRIF of L/sd L, XRIF of L);
Moving CW cont RF trn XRIB of L toe to heel, sd L, cont RF trn XRIB of L toe to heel/sd L, cl R to L (W cont RF trn sd L, XRIF of L, sd L/XRIF of L, sd L) end fcg ptr WALL in loose CP;;
- 7 [FWD BASIC] fcg ptr WALL fwd L, rec R, sd L/cl R, sd L;
- 8-9 [WHIP TO TRIPLE CHAS LOD] bk R trng 1/4 LF, rec fwd L to fc LOD releasing hnds, fwd R/lk LIB of R, fwd R (W fwd L outsd M on his L sd, fwd R trng 1/4 LF to fc RLOD, placing R hnd on M's chest bk L/lk RIF of L, bk L); fwd L/lk RIB of L, fwd L, fwd R/lk LIB of R, fwd R (W bk R/lk LIF of R, bk R, bk L/ lk RIF of R, bkL);
- 10 [STRT CHASE 1/2] fwd L trng RF 1/2 to fc RLOD, rec fwd R, fwd L/lk RIB of L, fwd L (W bk R no trn, rec L, fwd R/ lk LIB of R, fwd R) end tandem fcg RLOD M in front;
- 11-14 FINISH CHASE 1/2 TO TRIPLE CHAS;; CIRCLE AWAY & TOG CHA SHAKE HNDS;;
- 11-12 [FINISH CHASE 1/2 TO TRIPLE CHAS] fwd R trng LF 1/2 to fc LOD, rec fwd L, fwd R/ lk LIB of R, fwd R; fwd L/lk RIB of L, fwd L, fwd R/lk LIB of R (W fwd L trng RF 1/2 to fc LOD, rec R, fwd L/lk RIB of L, fwd L; fwd R/lk LIB of R, fwd R, fwd L/lk RIB of L, fwd L) end in tandem LOD M behind lady;;
- 13-14 [CIRCLE AWAY & TOG CHA SHAKE HNDS] trng LF moving CCW away from ptr (W trn RF CW away from ptr) fwd L, fwd R, fwd L/ lk RIB, fwd L; cont LF trn CCW moving twd ptr fwd R, fwd L, fwd R/ lk LIB of R, fwd R to fc ptr WALL jn lead hnds;
- NOTE: 2ND TIME THRU PART C DO NOT SHAKE HANDS ON LAST MEASURE, BLEND TO CP..

REPEAT PART A

REPEAT PART B

REPEAT PART C

PART D

- 1-4 CURLY WHIP TO WALL;; BRK BK TO OP BOTH SPIRAL TO AIDA;;
- 1-2 [CURLY WHIP TO WALL] join lead hnds blending to CP fwd L, rec R, sd L/cl R, sd L trng 1/2 RF to fc COH (W bk R, rec L comm LF trn undr jnd lead hnds, sd R/cl L, sd R cont LF trn to end fcg ptr WALL); XRIB of L, sd L, sd R/cl L, sd R trng 1/2 RF to fc WALL (W cont CW trn sd L, XRIF of L, sd L/cl R, sd L) end fcg ptr WALL;
- 3-4 [BRK BK TO OP BOTH SPIRAL TO AIDA] bk L trng 1/4 LF to fc LOD, rec fwd R, fwd L/lk RIB of L, fwd L turning 7/8 RF on L ft (W turning 7/8 LF on R) leaving R ft in place with sl pressure on the toe; REPEAT MEAS 10 PART A;

PART D (CONT)

5-8 SWITCH CROSS; CRAB WLK; FENCE LINE; SPOT TRN SHAKE HNDS;

- 5 [SWITCH CROSS] trng LF to fc ptr, sd L checking & bringing jnd hnds thru, rec R, XLIF of R trng LF to fc ptr/sd R, XLIF of R;
- 6 [CRAB WLK] blending to BFLY sd R trng to fc ptr, XLIF of R, sd R trng to fc ptr/XLIF of R, sd R;
- 7 [FENCE LINE] in BFLY pos lead ft free fwd L crossing twd RLOD & flexing L knee, rec R to fc ptr, sd L/cl R, sd L;
- 8 [SPOT TRN TO SHAKE HNDS] REPEAT MEAS 13 PART A & JN R/R HNDS;]

PART A (1-13)

**1-13 TURKISH TOWEL EXTENDED;;;;; CROSS BDY; NYR IN 4; NYR TO TRNG TRIPLE CHAS;;
AIDA TO BK TRIPLE CHAS;; SWITCH W/CUBAN BRK; SPOT TRN;**

1-13 REPEAT MEAS 1-13 PART A;;;;;;;

END

1-2 SINGLE CUBANS; CROSS & UNWIND BK TO BK CROSS ARMS & LEAN;

- 1 [SINGLE CUBANS] REPEAT MEAS 3 INTRO;
- 2 [CROSS UNWIND BK TO BK & LEAN] XLIF of R (XRIF of L) comm to unwind RF (LF) 1/2 to fc COH (WALL) bk to bk with ptr,-, X arms in frnt of body and lean shldr against ptr's shldr,-;

QUICK CUES

- INTRO wait 2 meas;; single Cubans; spot trn in 4;
- PART A Turkish towel extended;;;;; Xbdy; NYr in 4; NYr to trng triple chas;;
Aida to bk triple chas;; switch w/Cuban brk; spot trn; dble Cubans; spot trn in 4;
- PART B chase full trn;; shldr/shldr twice;; shake hnds for circular X bdy;;;;;
Thru to aida; switch rock; spot trn;
- PART C op hip twist to fcg fan;; fwd basic to full natl top to WALL;;;;;
Fwd basic & whip to LOD for triple chas;;; chase ½ both fc LOD for triple chas;;;
Circle away & tog to chake hnds;;
- PART A Turkish towel extended;;;;; X bdy; NYr in 4; NYr to trng triple chas;;
Aida to bk triple chas;; switch w/Cuban brk; spot trn; dble Cubans; spot trn in 4;
- PART B chase full trn;; shldr/shldr twice;; shake hnds foir circular cross body;;;;;
Thru to aida; switch rock; spot trn;
- PART C op hip twist to fcg fan;; fwd basic to full natl top fc WALL;;;;;
Fwd basic & whip to LOD for triple chase;;; chase ½ both fc LOD for triple chas;;;
Circle away & tog;
- PART D curley whip to fc WALL;; brk bk to op both spiral to aida;;
Switch cross; crab wlk; fence line; spot trn shake hnds;
- PART A (1-13) Turkish towel extended;;;;; cros bdy; NYr in 4; NYR to trng triple chas;;
Switch w/Cuban brk; spot trn;
- END single Cubans; X and unwind bk to bk cross arms & lean;

ABC ABCD A(1-12)

	WAIT SINGLE CUBANS	WAIT SPOT TURN IN 4 TO HANDSHAKE
A	TURKISH TOWEL ---- ---- NEW YORKER IN 4 ---- ---- SPOT TURN ----	---- ---- CROSS BODY FC WALL NEW YORKER TO TURNING TRIPLE CHA AIDA TO BACK TRIPLE CHA SWITCH WITH CUBAN BREAK DOUBLE CUBANS SPOT TURN IN 4
B	FULL TURN CHASE SHOULDER TO SHOULDER WITH ARMS CIRCULAR CROSS BODY ---- FC LOD SWITCH ROCK	---- END HANDSHAKE FC DRC FC DLW AIDA SPOT TURN
C	OPEN HIP TWIST FWD BASIC ---- 1/2 BASIC ---- END TRIPLE CHA CIRCLE AWAY & TOGETHER	FACING FAN FULL NATURAL TOP END FC WALL WHIP FC LOD TO TRIPLE CHA CHASE 1/2 ---- END HANDSHAKE (1) ----(2)
D	CURLY WHIP FC WALL BREAK TO SPIRAL SWITCH CROSS FENCE LINE	---- AIDA CRAB WALK TO RLOD SPOT TURN TO HANDSHAKE
	END SPOT TURN CROSS UNWIND BACK TO BACK CROSS ARMS & LEAN	SINGLE CUBANS

MAMMA MIA (KINCAID) 7481
(FC WALL LADY NO HANDS)
(SLOW 5-6%)