

MAMMA MARIA

32 count, 4 wall, Ultra-Beginner Line Dance

Choreographed by Frank Trace

www.traceofcountry.com franktrace@sssnet.com

Music Suggestions:

“Mamma Maria” by Ricchi E Poveri (136 bpm) (*Italian*)

“Mamma Maria” by The Countdown (136 bpm) (*Italian*)

* *Start dance 16 counts in on vocal.*

Note: There are many recordings of this song, all will work. Available on amazon.com

“High Lonesome Sound” by Vince Gill (96 bpm) (*Country*)

“Poker Face” by Lady Gaga (120 bpm) (*Pop*)

* *When using Poker Face, start dance 32 counts in on heavy beat.*

WALK FORWARD DIAGONALLY RIGHT, KICK

WALK BACK DIAGONALLY LEFT, TOUCH

1-4 Walk forward right diagonal stepping R, L, R, kick L forward (1:30)

5-8 Walk back left diagonal stepping L, R, L,
touch R next to L as you square up with front wall (12:00)

WALK FORWARD DIAGONALLY LEFT, KICK

WALK BACK DIAGONALLY RIGHT, TOUCH

1-4 Walk forward left diagonal stepping R, L, R, kick L forward (10:30)

5-8 Walk back right diagonal stepping L, R, L,
touch R next to L as you square up with front wall (12:00)

TWO CHARLESTON STEPS

1-4 Step R forward, kick L forward, step L back, touch R back

5-8 Step R forward, kick L forward, step L back, touch R back

VINE RIGHT, TOUCH, VINE LEFT 1/4 TURN LEFT, TOUCH

1-4 Step R to right side, step L behind R, step R to right side, touch L next to R

5-8 Step L to left side, step R behind L, turning 1/4 left step on L,
touch R next to L (9:00)

REPEAT