

# MAMMA MARIA



**Count:** 32      **Wall:** 4      **Level:** Ultra Beginner

**Choreographer:** Frank Trace

**Music:** Mamma Maria by Ricchi E Poveri (136 bpm) (Italian) or "Mamma Maria" by T  
Countdown (136 bpm) (Italian)



**Start dance 16 counts in on vocal.**

**Note:** There are many recordings of this song, all will work.

**Alt. Music:**

**"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**

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