MmmDada!!! (zh)

Count: 0 **Wand:** 2 **Ebene:** Advanced

Choreograf/in: Guyton Mundy (USA) & Will Craig (USA)

Musik: Turn Around (5,4,3,2,1) - Flo Rida

前奏： 32CountsFromLyrics‘MmmDada’

A Pattern A部份(64拍)

第一段 Kicks X3 With Arm Hits, Step Drop Arms, Arms Up, Head Pops, Back X3

&1&2 Kick Right Foot Forward, Step Down On Right, Kick Left Forward, Step Down On Left 右足前踢, 右足踏, 左足前踢, 左足踏

&3&4 Kick Right Foot Forward, Step Down On Right, Kick Left Forward, Step Forward On Left 右足前踢, 右足踏, 左足前踢, 左足前踏

Arm Styling: On Count &, Lift Your Right Arm Swing Left Arm Back And Proceed To Swing Your Arms Like You're Running. Bring Arms Down To Sides On Count 4.
手勢：&拍時舉右手, 左手向後擺, 就像在跑步, 第4拍時雙手放下

5&6 Bring Both Arms Up Out To Either Side Elbows Bent 90 Degrees Fists Forward, Tilt Head Left While Cocking Left Arm Down And Right Arm Up At 45 Degree Angle, Return To Neutral
雙手向兩側手肘彎90度握拳向前, 左手向下右手向上呈45度角, 回原位

7&8 Walk Back Left, Right, Left While Dropping Arms To Your Sides
後走步-左, 右, 左(雙手放回兩側)

第二段 Side With Sweeping Sailor X2, Kick Step Lock Step, Full Unwind

1,2& Side Step Right To Right While Sweeping Left Back, Step Left Behind Right, Step Right Foot Slightly Forward
右足右踏左足後繞, 左足繞至右足後踏, 右足略前踏

3,4& Side Step Left To Left While Sweeping Right Back, Step Right Behind Left, Step Left Foot Slightly Forward
左足左踏右足後繞, 右足於左足後踏, 左足略前踏

5&6 Kick Right Foot Forward, Step Down On Right, Lock Left Behind
右足前踢, 右足踏, 左足於右足後鎖踏

7,8 Unwind Full Turn Over Left Shoulder With Weight Ending On Left Foot
以2拍左繞轉一圈, 最後重心結束在左足

第三段 Kick Cross X2, Kick Cross X4 With Travel Back

1,2 Step Down On Right As You Kick Left Out To Left Side, Bring Left Slightly In Crossing Right Over Left
右足踏左足左踢, 左足踏且右足略於左足前交叉踏

3,4 Slightly Step Left Out To Left As You Kick Right Out To Right Side, Bring Right Slightly In Crossing Left Over R
左足略左踏右足右踢, 右足踏且左足略於右足前交叉踏

5&6 Step Down On Right As You Kick Left Out To Left Side, Bring Left Slightly In Crossing Right Over Left, Slightly Step Left Out To Left As You Kick Right Out To Right Side
右足踏左足左踢, 左足踏且右足於左足前交叉踏, 左足略左踏右足右踢

&7 Slightly Bring Right In As You Cross Left Over Right, Slightly Step Right Out As You Kick Left Out To Left Side
右足踏且左足於右足前交叉踏, 右足略右踏左足左踢

&8 Slightly Bring Left In As You Cross Right Over Left, Uncross Feet Ending Shoulder Width Apart
左足踏且右足於左足前交叉踏, 雙腳分開與肩同寬

第四段 Tut, Head Snake Through Arms, 3/4 Turn

1&2& Flex R Hand Out Palm Facing Down, Flex L Hand Out Palm Facing Down, Bend R Elbow Bringing R Hand Up To Shoulder Height Keeping Palm Down, Bend L Elbow Bring L Hand Up To Shoulder Height Keeping Palm Down
手掌向下伸右手, 手掌向下伸左手, 彎右手肘舉與肩同高手掌仍向下, 彎左手肘舉與肩同高手掌仍向下

3&4 Rotate Right Had CCW Bringing Fingertips In, Rotate Left Hand CW Bringing Fingertips In, Bring Hands In Front Of Chest Ending With Left Hand On Top Of Right Both Palms Down Elbows Pointing Out To Sides
右手向左轉指尖向內, 左手向右轉指尖向內, 左手在右手之上手掌仍向下放在胸前

5,6 Rotate Let Hand Up And Right Hand Down, Take Right Hand Out In Front Of Left And Around And Behind Left Ending With Right Palm On Back Of Left Hand 雙手仍合著轉動左手在上右手在下, 右手繞到左手之前

7,8 Bring Both Hans Around L Side Of Head, Make 3/4 L Keeping Weight On L Foot And Brining Arms Down
雙手合著左轉270度重心在左足, 雙手放下

第五段 Kick Step Lock Step, Cross Side Pop, Pop, Drop, Cross Side

1&2& Kick R Foot Diagonally Forward Right, Step Down On Right, Lock Left Behind Right, Step Right To Right Side
右足斜角前踢, 右足踏, 左足於右足後鎖踏, 右足右踏

3,4 Cross L Over R, Step Right To Right Side While Bringing Both Arms Up Elbows Bent Fists Pointing Forward
左足於右足前交叉踏, 右足右踏雙手高舉彎肘拳向前

5,6 Turn Upper Body ¼ L, Rotate Lower Body On Balls Of Feet 1/4 L Bending At Knees And Dropping Slightly
上半身左轉90度, 下半身左轉90度彎膝略蹲

7,8 Cross Right Over Left While Dropping Arms, Step Forward On Left 1/8 Turn To Face 12 O'clock Wall
右足於左足前交叉踏雙手放下, 左足前踏轉正面向12點鐘

第六段 Kick Step Out With Arm Hit, Tuts, Hitch Cross Side, Body Wiggle With Arms

1&2 Kick Right Foot Forward, Step Down On Right, Step Left Out To Left Side While Bringing Both Hands Up Left Over Top Of Right Elbows Out To Either Side
右足前踢, 右足踏, 左足左踏雙手高舉手肘向兩側彎左手在右手之上

&3& Slightly Bend L Knee In As You Drop L Elbow And Raise R Elbow To 45 Degrees, Extend R Arm, Bring R Arm Back In
左膝略彎左手下右手肘向上45度, 右手伸, 右手回

4& Extend Left Arm, Bring Left Arm Back In 左手伸, 左手回

5&6 Hitch L Up Slightly As You Pulse Arms Up Slightly, Cross L Over R As You Pulse Arms Down Slightly, Bring Right Together With Left
左膝抬雙手略抬, 左足於右足前交叉踏雙手略向下, 右足併踏

7&8 Alternate Elbows R Down L Up, L Down R Up, R Down L Up Swinging Hips RLR Slightly Bending At Knees
略彎膝擺臀-右(彎手肘右下左上), 左(彎手肘右上左下), 右(彎手肘右下左上)

第七段 Step, Swivel, Knee Pop, Kick Ball Out, Heel Swivel X2, Ball Step

1&2 Step Forward On Left As You Drop Arms, Swivel Left Toe To Left And Right Heel To Right, Return To Center
左足前踏(放下雙手), 左足趾向左轉且右足踵向右轉, 轉回

&3 Pop Left Heel Up Bending Left Knee, Return To Neutral (Ending With Weight On Right) 左足踵彈彎左膝, 回原位重心在右足

&4&5 Step Together On Ball Of Left, Kick Right Forward, Cross Right Over Left, Step Left Out To Left
左足併踏, 右足前踢, 右足於左足前交叉踏, 左足左踏

&6& With Weight On Heel Of Left And Ball Of Right Swivel Left Toe To Left And Right Heel To Right, Return To Neutral, With Weight On Heel Of Right And Ball Of Left Swivel Right Toe To Right And Left Heel To Left 左足趾向左轉且右足踵向右轉, 轉回, 右足趾向右轉且左足踵向左轉

7&8 Return To Neutral Ending With Weight Mainly On Right, Step In On Ball Of Left, Step Forward On Right
轉回重心在右足, 左足併踏, 右足前踏

第八段 Kick Forward X2, Kick Side, Kick Step Back With 1/4, Cross And Cross With 1/4

1&2 Kick Left Foot Forward, Step Together With Left, Kick Right Foot Forward 左足前踢, 左足併踏, 右足前踢

&3 Step Together With Right, Kick Left Foot Out To Left Side
右足併踏, 左足左踢

&4& Bring Left Foot In To Right, Kick Right Foot Forward, Step Together On Ball Of Right Foot 左足併踏, 右足前踢, 右足併踏

5,6 Press Off Ball Of Right Foot Making 1/4 Turn Left Stepping Left To Left Side, Drag Right Foot In 右足用重心左轉90度左足左踏, 右足拖併

7&8 Cross Right Over Left, Make 1/4 Turn Stepping Forward On Left, Step Forward On Right 右足於左足前交叉踏, 左轉90度左足前踏, 右足前踏

B Pattern B部份(64拍)

第一段 Cross, Side Rock Recover X 3, Cross And Cross

1&2 Cross Left Over Right, Rock Right To Right Side, Recover On Left (While Travelling Forward)
左足於右足前交叉踏, 右足右下沉, 左足回復(向前移動)

3&4 Cross Right Over Left, Rock Left To Left Side, Recover On Right (While Travelling Forward)
右足於左足前交叉踏, 左足左下沉, 右足回復(向前移動)

5&6 Cross Left Over Right, Rock Right To Right Side, Recover On Left (While Travelling Forward)
左足於右足前交叉踏, 右足右下沉, 左足回復(向前移動)

7&8 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

Note: To Get On Samba Timing Change The & Count To Ah Count. Timing Goes As Follows 1, E, And, Ah, 2. 配合森巴節奏, 請將&拍改成Ah拍(a拍)

第二段 Circle Weave Or Samba Circle Weave

1 Ah 2 Cross Left Over Right, Make 1/4 Turn Left Stepping Back On Right, Step Left Behind Right
左足於右足前交叉踏, 左轉90度右足後踏, 左足於右足後踏

3 Ah 4 Step Right Behind Left, Make 1/4 Left Stepping Forward On Left, Make 1/4 Left Stepping Right To Right Side
右足於左足後踏, 左轉90度左足前踏, 左轉90度右足右踏

5 Ah 6 Step Back On Left, Make 1/4 Turn Left Stepping Right Behind Left, Step Left To Left Side 左足後踏, 左轉90度右足於左足後踏, 左足左踏

7&8 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第三段 Mambo Forward, Mambo Back, Cross & Cross X 4

1&2 Rock Forward On Left, Recover On Right, Step Together With Left
左足前下沉, 右足回復, 左足併踏

3&4 Rock Back On Right, Recover On Left, Step Together With Right
右足後下沉, 左足回復, 右足併踏

5&6& Cross L Over R, Step On Ball Of R Foot To R Side, Cross L Over R, Step On Ball Of R Foot To R Side
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右踏

7&8 Cross Left Over Right, Step On Ball Of Right Foot To Right Side, Cross Left Over Right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第四段 Step 1/2 Turn, Back 1/2 Turn, 1/2 Turn X2, Step, Hold

1,2 Step Forward On Right, Pivot 1/2 Turn Left Ending With Weight On Right 右足前踏, 左軸轉180度重心結束在右足

3,4 Step Back On Left, Pivot 1/2 Turn Left Ending With Weight On Left
左足後踏, 左轉重心結束在左足

5,6 Make 1/2 L Stepping Back On Right, Make 1/2 L Stepping Forward On Left 左轉180度右足後踏, 左轉180度左足前踏

7,8 Step Forward On Right, Hold 右足前踏, 候

第五段 1/2 Turn Tripple X3, Step, Hold / Or, Samba Roll With Step Hold

1&2 Make 1/2 Turn Over Left Shoulder Shuffling Left, Right, Left
左180度轉交換-左, 右, 左

3&4 Make 1/2 Turn Over Left Shoulder Shuffling Back Right, Left, Right
左180度後轉交換-右, 左, 右

5&6 Make 1/2 Turn Over Left Shoulder Shuffling Left, Right, Left
左180度轉交換-左, 右, 左

7,8 Step Forward On Right, Hold 右足前踏, 候

第六段 Bounce Sweep Back X3, Behind Side Cross

1,2 Step L Back As You Start Sweeping R Foot Around R, Skip Back On L Continuing To Sweep R Foot Behind L
左足後踏右足繞, 右足繼續繞至左足後

3,4 Step R Back As You Start Sweeping L Foot Around L, Skip Back On R Continuing To Sweep L Foot Behind R
右足後踏左足繞, 左足繼續繞至右足後

5,6 Step L Back As You Start Sweeping R Foot Around R, Skip Back On L Continuing To Sweep R Foot Behind L
左足後踏右足繞, 右足繼續繞至左足後

7&8 Step Right Behind Left, Step Left To Left Side, Cross Right Over Left 右足於左足後踏, 左足左踏, 右足於左足前交叉踏

第七段 Mambo Forward, Mambo Back, Cross & Cross X4

1&2 Rock Forward On Left, Recover On Right, Step Together With Left
左足前下沉, 右足回復, 左足併踏

3&4 Rock Back On Right, Recover On Left, Step Together With Right
右足後下沉, 左足回復, 右足併踏

5&6& Cross L Over R, Step On Ball Of R Foot To R Side, Cross L Over R, Step On Ball Of R Foot To R Side
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右踏

7&8 Cross Left Over Right, Step On Ball Of Right Foot To Right Side, Cross Left Over Right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第八段 Walk With Shake X2, Walks Forward

1&2 Step Forward On Right While Shaking Hips Right, Left, Right
右足前踏搖臀-右, 左, 右

3&4 Step Forward On Left While Shaking Hips Left, Right, Left
左足前踏搖臀-左, 右, 左

5,6,7,8 Walk Forward Right, Left, Right, Left 前走步-右, 左, 右, 左

Note. On The 3rd Set Of A You Will Have A Restart After 32 Counts. You Will Be Doing Your 3/4 Turn Over Left Shoulder. On This Wall Make A 1/2 Turn Instead Of A 3/4 Turn To Bring You To The Back Wall Ending With Weight On Right Foot, Where You Will Start The B Pattern
第三次A部份跳至第四段結束時應該是左轉 270度, 改跳左轉180度面向後面牆, 而且重心放在右足, 再接續跳B部份

Right After You Have That Restart You Will Only Do The First 28 Counts Of The B Pattern. You Will Be Making Your Step Half Turns, Counts 25-28 Of The B Pattern. When You Do This, Repeat Counts 25-26, Then Hook Left Behind Right And Just Unwind A Half Turn Keeping Weight On Right And Then Restart The Dance On The Back Wall Fr The Last Time.
接下來B部份只跳28拍(第四段前4拍)跳到轉180度, 第3拍改左足於右足後勾, 第4拍繞轉180度重心仍在右足, 面向後面牆, B部份從頭起跳, 跳最後一次B部份結束舞曲