

# Mmmbop

Count: 32

Wall: 4

Level: Improver

Choreographer: Lady Lace (UK)

Music: MMMBop - Hanson



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## **SIDE ROCK, HITCH, SIDE SHUFFLE, ROCK BACK, RECOVER ¼ TURN RIGHT, SHUFFLE ½ TURN**

- 1-2 Step left to side rocking to left, recover onto right, hitch left across right  
3&4 Step left to side, close right to left, step left to side  
5-6 Rock right behind left, turning ¼ right recover onto left  
7&8 Step right ¼ turn left, close left to right, step right back ¼ turn left

## **ROCK BACK, FORWARD SHUFFLE, HEEL SWITCHES & 2 WALKS**

- 1-2 Rock left back, recover onto right  
3&4 Step left forward, close right to left, step left forward  
5&6& Touch right heel forward, step in place, touch left heel forward, step in place  
7-8 Step forward right, step forward left

## **FORWARD MAMBO, LEFT COASTER, TOE BEHIND UNWIND ¾, SIDE SHUFFLE, FLICK**

- 1&2 Step forward right, recover onto left, step right beside left  
3&4 Step back left, step right beside left, step left forward  
5-6 Touch right toe behind left, unwind ¾ right  
7&8& Step left to side, close right to left, step left to side, flick right behind left

## **SIDE STEP, PIVOT ¼ TURN, LOCK STEP BACK, 2 STEPS BACK, RIGHT COASTER**

- 1-2 Step right to side, pivot ¼ turn left- weight on right  
3&4 Step left back, lock right to left, step left back  
5-6 Step back right back, step left back  
7&8 Step right back, step left beside right, step right forward

**REPEAT**

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