

# Mhmm, Aha

拍数: 32      墙数: 4      级数: Intermediate  
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Ezzine (DE) - October 2019  
音乐: Lifted - Butter



Restart: in wall 4 after 16 counts

## Section 1: PUSH/BACK R/MODIFITED COSTERSTEP L/ SAMBA BASIC R + L

1 2            Push bottom back and both hands to front (1), Step back on R (2)  
3 & 4        Step back on L (3), Step together on R (&), 1/8 turn R with Step side on L (4)  
5 a 6        Cross behind on R (5), Step side on L (a), Step side on R (6)  
7 a 8        Cross behind on L (7), Step side on R (a), Step side on L (8)

## Section 2: PADDLE 1/2 TURN BACKWARDS R/ SAMBA BASIC R/ UNWIND/FULL TURN

1 2            1/8 turn R with point to R (1), 1/8 turn R with point to R (2)  
3 4            1/8 turn R with point to R (3), 1/8 turn R with point to R (4)  
5 a 6        Cross behind on R (5), Step side on L (a), Step side on R  
7 8            Cross behind on L and start full turn L (7), finish full turn L next to R (8)

**\*Restart: after the full turn do a "Hold"!! the weight should be on both feets.**

## Section 3: JUMP OUT-CROSS/1/2 TURN WITH KNEE POPS R/1/4 TURN R/1/2 TURN L

& 1 2        Jump out on both feets (&), Jump together L cross over R (1), Pop both knees forward (2)  
3 4            1/4 turn R with pop both knees forward (3), 1/4 turn R with pop both knees forward (4)  
5 6            1/4 turn R with step side on R and start rolling body (5), Finish rolling body (6)  
7 8            1/2 turn L with step side on R and start rolling body (7), Finish rolling body (8)

## Section 4: STEP DIAGONALBACKW R+L+R+R/ BACK ROCK/ SIDE ROCK/ CROSS/ 1/4 TURN L/ TOGETHER

1 & 2 &      Step diagonal back on R (1), Touch together on L (&), Step diagonal back on L (2), Touch together on R (&)  
3 & 4        Step diagonal back on R (3), Step together on L (&), Step diagonal back on R (4)  
5 & 6 &      Rock back on L (5), Recover on R (&), Side Rock on L (6), Recover on R (&)  
7 & 8        Cross over on L (7), 1/4 turn L with step back on R (&), Step together on L (8)