

# Mmmbop

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Kelly Kaylin (CAN) - May 1998  
音乐: MMMBop - Hanson



## LEFT & RIGHT SIDE TOUCHES, LEFT & RIGHT HEEL TOUCHES, LEFT TOE BACK, HOLD, RIGHT HEEL FORWARD, HOLD

1            Touch left toe to left side  
&2          Step left foot together, touch right toe to right side  
&3          Step right foot together, touch left heel forward  
&4          Step left foot together, touch right heel forward  
&5          Step right foot together, touch left toe back  
6            Hold  
&7          Step left foot together, touch right heel forward  
8            Hold

## SAILOR SHUFFLES, COASTER STEPS FORWARD & BACK

1&2          Cross right foot behind left and step, step left foot to left side, step right foot to right side  
3&4          Cross left foot behind right and step, step right foot to right side, step left foot to left side  
5&6          Step right foot forward, step left foot together, step right foot back  
7&8          Step left foot back, step right foot together, step left foot forward

## HEEL JACKS, BALL CROSSES

1&2          Cross right foot over left and step, step left foot back, extend right heel forward on a 45 degree angle (weight is on left foot)  
&3          Step down on right foot, cross left foot behind right and step  
&4          Step right foot to right side, cross left foot over right and step  
&5          Step right foot back, extend left heel forward on a 45 degree angle (weight is on right foot)  
6            Hold  
&7          Step down on left foot, cross right foot over left and step (weight ends on right foot)  
8            Hold

&1          Keeping right foot crossed over left step left foot to left side, step side left with right foot  
&2          Step left foot back, extend right heel forward on a 45 degree angle (weight is on left foot)  
&3          Step down on right foot, cross left foot behind right and step  
&4          Step right foot to right side, cross left foot over right and step  
&5          Step right foot back, extend left heel forward on a 45 degree angle (weight is on right foot)  
6            Hold  
&7          Step down on left foot, cross right foot over and step  
8            On the balls of both feet swivel ¼ left with weight ending on right foot

## REPEAT