

Mmmbop

拍数: 32 墙数: 4 级数: Intermediate
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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
