

Mmmbop

拍数: 32 墙数: 4 级数: Improver
编舞者: Lady Lace (UK)
音乐: MMMBop - Hanson



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
