

# MMM Bop

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: MMMBop - Hanson



32 count intro start on lyrics

## SIDE TOUCH & SIDE TOUCH & HEEL TOUCH FORWARD & HEEL TOUCH FORWARD, TOE BACK, HOLD, HEEL FORWARD, HOLD

1&2      Touch left toe to left side, step left next to right, touch right to right  
&3&4      Step right next to left, touch left heel forward, step left next to right, touch right heel forward  
&5- 6      Step right next to left, touch left toe back, hold  
&7-8      Step left next to right, touch right heel forward, hold

## SAILOR STEP, SAILOR STEP, FORWARD COASTER STEP, BACK COASTER STEP

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

## CROSS, &, HEEL, &, BEHIND, SIDE, CROSS, &, HEEL, HOLD, &, CROSS, HOLD

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

## &, CROSS, &, HEEL, &, BEHIND, SIDE, CROSS, &, HEEL, HOLD, &, CROSS, UNWIND 1/4

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

REPEAT