

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
