

She Goes Mmm-Mmm ...

拍數: 48 牆數: 4 級數: High Improver
編舞者: Urban Danielsson (SWE) - January 2023
音樂: The Mmm Song - Kristian Bush



Intro: 16 counts, restart on wall 3 after 32 counts

Section 1: Kick-ball-step, step-together-back, back, ¼ right, cross shuffle

1&2 Kick right foot forward, step right next to left, step left foot forward
3&4 Step right foot forward, step left next to right, step right foot back
5 – 6 Step left foot back, ¼ turn right step right to right side (3:00)
7&8 Step left foot across in front of right, step right foot to right side, step left foot across in front of right

Section 2: Point and point with ¼ turn, heel dig x 2, step pivot ½, jump, hold and clap

1&2 Point right toes to right side, ¼ turn step right next left, point left toes to left side (6:00)
&3&4 Step left together, dig right heel forward, step right together, dig left heel forward
&5 – 6 Step left next to right, step forward on right foot, ½ pivot turn left, step left foot forward (12:00)
&7 – 8 Jump small step forward with right and left (out, out), hold and clap

Section 3: Hip roll, triple right, modified jazzbox, point

1 – 2 Roll hips from right to left over to counts (weight ends on left)
3&4 Step right to right side, step left next to right, step right to right side
5 – 6 Step left foot across in front of right, step right foot back
&7 – 8 Step left to left side, step right across in front of left, point left toes to left side

Section 4: Cross, ¼ step back, coaster-cross and cross, point & point & point

1 – 2 Cross left in front of right foot, ¼ turn left step back on right foot (9:00)
3&4 Step back on left foot, step right next to left, ¼ turn left step left foot across in front of right (6:00)
&5 Step right to right side, step left foot across in front of right
6&7 Point right toes to right side, step right next to left, point left toes to left side
&8 Step left next to right, point right toes to right side

Restart: Restart her on wall 3 (you will be facing 6:00 wall)

Section 5: Behind, hold, side, cross, hold, side, behind, side rock-recover, cross shuffle

1 – 2 Step right behind of left foot, hold
&3 – 4 Step left to left side, step right across in front of left, hold
&5 Step left to left side, step right behind of left
6 – 7 Rock left to left side, recover weight onto right
8&1 Step left foot across in front of right, step right foot to right side, step left across in front of right

Section 6: Side, ¼ turn hook, step lockstep, step, pivot ½, ¼ turn point

2 – 3 Step right to right side, ¼ turn left hook left foot across right shin (3:00)
4&5 Step left foot forward, step right cross behind of left, step left foot forward
6 – 7 Step right foot forward, pivot ½ turn left foot forward (6:00)
8 Turn ¼ left and point right toes to right side

RESTART and ENJOY!

Ending: Dance the first 24 counts, then change the last steps

1 – 2 Cross left in front of right, step back on right foot

3&4
5

Coaster step: step back on left foot, step right next to left, step left foot forward
Stomp right foot forward with your arms out
