

Mmm Bop

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Lucy Durber (UK) & Jenny Burgess (UK)
音樂: MMMBop - Hanson



TOE POINT & CROSS, HEEL BOUNCE

- 1 Point right toe to left instep
- 2 Step right in front of left with heel turned to left
- 3-4 Raise and lower heels twice
- 5 Point left toe to right instep
- 6 Step left in front of right with heel turned to right
- 7-8 Raise and lower heels twice

DIAGONAL STEP TOUCHES FORWARD

- 9-10 Step right diagonally forward right. Touch left beside right
- 11-12 Step left diagonally forward left. Touch right beside left
- 13-16 Repeat steps 9-12

DIAGONAL STEPS BACK & SHIMMY

- 17-18 Step right diagonally back right and shimmy for two counts
- 19-20 Step left diagonally back left and shimmy for two counts
- 21-24 Repeat steps 17-20

GRAPEVINE RIGHT, ROLLING VINE LEFT TURNING 1 & ¼ TURN

- 25-26 Step right to right side. Cross left behind right
- 27-28 Step right to right side. Touch left beside right
- 29 Step left ¼ turn left
- 30 Pivot ¼ turn left on left stepping right to right side
- 31 Pivot ½ turn left on right stepping left to left side
- 32 Pivot ¼ turn left on left touching right beside left

LUNGE STEPS RIGHT & LEFT

- 33-34 Step right ¼ turn right and lunge. Rock onto left in place
- 35-36 Step right beside left. Click fingers at shoulder height
- 37-38 Step left ¼ turn left and lunge. Rock onto right in place
- 39-40 Step left beside right. Click fingers at shoulder height

STEP ¼ PIVOT TURNS & SCUFFS

- 41-42 Step forward right. Pivot ¼ turn left
- 43-46 Repeat steps 41-42 twice
- 47-48 Scuff right forward. Scuff right back

STOMPS, STEP, CROSS, TOUCH, CROSS, UNWIND & BODY ROLL

- 49-50 Stomp right beside left twice
- &51 Step right to right side. Cross left over right
- 52 Touch right to right side
- 53-54 Cross right over left. Unwind ½ turn left
- 55-56 Body roll up for two counts
- 57-64 Repeat steps 49-56

DROP, RISE & TURN

65-66 Drop down to floor on right knee
67-68 Come back up as you swivel ½ turn to right on both feet
69-72 Repeat counts 65-68

Alternative

65-66 Touch right toe behind left and curtsey
67-68 Unwind ½ turn right

JUMP FEET OPEN, CROSS, UNWIND ½ TURN & KNEE ROLLS

73 Jump feet shoulder width apart
74 Jump crossing right over left
75-76 Unwind ½ turn left for two counts
77-78 Roll right knee out. Roll left knee out
79-80 Roll right knee out. Roll left knee out

REPEAT
