

# 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**

---