

# Mmmbop

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kelly Kaylin (CAN) - May 1998  
音樂: MMMBop - Hanson



## LEFT & RIGHT SIDE TOUCHES, LEFT & RIGHT HEEL TOUCHES, LEFT TOE BACK, HOLD, RIGHT HEEL FORWARD, HOLD

- 1            Touch left toe to left side
- &2          Step left foot together, touch right toe to right side
- &3          Step right foot together, touch left heel forward
- &4          Step left foot together, touch right heel forward
- &5          Step right foot together, touch left toe back
- 6            Hold
- &7          Step left foot together, touch right heel forward
- 8            Hold

## SAILOR SHUFFLES, COASTER STEPS FORWARD & BACK

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

## HEEL JACKS, BALL CROSSES

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

**REPEAT**

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