

# Mmmbop

COPPER KNOB  
STEPPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lady Lace (UK)  
音樂: MMMBop - Hanson



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## SIDE ROCK, HITCH, SIDE SHUFFLE, ROCK BACK, RECOVER ¼ TURN RIGHT, SHUFFLE ½ TURN

1-2            Step left to side rocking to left, recover onto right, hitch left across right  
3&4           Step left to side, close right to left, step left to side  
5-6           Rock right behind left, turning ¼ right recover onto left  
7&8           Step right ¼ turn left, close left to right, step right back ¼ turn left

## ROCK BACK, FORWARD SHUFFLE, HEEL SWITCHES & 2 WALKS

1-2            Rock left back, recover onto right  
3&4           Step left forward, close right to left, step left forward  
5&6&          Touch right heel forward, step in place, touch left heel forward, step in place  
7-8           Step forward right, step forward left

## FORWARD MAMBO, LEFT COASTER, TOE BEHIND UNWIND ¾, SIDE SHUFFLE, FLICK

1&2           Step forward right, recover onto left, step right beside left  
3&4           Step back left, step right beside left, step left forward  
5-6           Touch right toe behind left, unwind ¾ right  
7&8&          Step left to side, close right to left, step left to side, flick right behind left

## SIDE STEP, PIVOT ¼ TURN, LOCK STEP BACK, 2 STEPS BACK, RIGHT COASTER

1-2           Step right to side, pivot ¼ turn left- weight on right  
3&4           Step left back, lock right to left, step left back  
5-6           Step back right back, step left back  
7&8           Step right back, step left beside right, step right forward

**REPEAT**

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