

Mmm Yeah

拍數: 64 牆數: 2 級數: Advanced
編舞者: Rachael McEnaney (USA), Roy Hadisubroto (IRE) & Joey Warren (USA) - April 2014
音樂: Mmm Yeah (feat. Pitbull) - Austin Mahone : (Single - iTunes)



Count In: 32 counts from start of track (Start on lyrics "When I saw her" at approx 0.15mins). Approx 126bpm.

[1 - 8] R heel grind, R ball, L cross, R side, ¼ sailor step L, Walk forward R-L

1 2 Cross right heel over left (1), grind right heel into floor as you step left to left side (2), 12.00
& 3 4 Step in place on ball of right (&), cross left over right (3), step right to right side (4) 12.00
5 & 6 7 8 Cross left behind right (5), make ¼ turn left stepping right next to left (&), step forward left (6), step forward right (7), step forward left(8) 9.00

[9 - 16] Syncopated fwd rocks R& L, L back, R side, L cross, syncopated side steps/jumps

1 2 & 3 4 Rock forward right (1), recover weight left (2), step right next to left (&), rock forward left (3), recover weight right (4) 9.00
5 & 6 Step back left (5), step right to right side (&), cross left over right (6) 9.00
& 7 & 8 Step right to right side (&), step left next to right (7), step right to right side (&), touch left next to right (8)

Easy option: Take big step right (7), touch left next to right (8) Advanced option: Jump both feet to right twice on count 7,8 9.00

[17 - 24] L side, R behind with L sweep, L behind, R side, L fwd, step R, ¼ turn L, ¾ turn R (rolling vine)

1 2 & 3 Step left to left side (1), cross right behind left as you sweep left foot (2), cross left behind right (&), step right to right side (3), 9.00
4 5 6 Step forward left (4), step forward right (5), pivot ¼ turn left (weight left) (6), 6.00
7 8 Make ¼ turn right stepping forward right (7), make ½ turn right stepping back left (8) 3.00

[25 - 32] ¼ turn R (end rolling vine), R extended chasse (facing diagonal/travelling sideways), L jazz box ¼ turn L

1 & 2 Make ¼ turn right stepping right to right side (angle body to right diagonal (7.30)), step left next to right (&), step right to right side (2) 7.30
& 3 & 4 Step left next to right (&), step right to right side (3), step left next to right (&), step right to right side (4) (travelling to side) 7.30
5 6 7 8 Cross left over right squaring up to 6.00 (5), make ¼ turn left stepping back right (6), step left to left side (7), step right next to left (8) 3.00

[33 - 40] L side rock/push, close L, R side rock, R kick, R cross-side rock with kick, L cross-side rock

1 2 3 & 4 Step left to left side (push) (1), step left next to right (2), rock right to right side (3), recover weight left (&), kick right foot forward (4) 3.00
5 & 6 & Cross right over left (5), rock ball of left to left side (&), recover weight right (6), kick left foot forward (&) 3.00
7 & 8 Cross left over right (7), rock ball of right to right side (&), recover weight left (8) 3.00

[41 - 48] R mambo fwd, L back rocking step facing diagonal, R back, L touch back, L kick-out-out

1 & 2 Rock forward right (1), recover weight left (&) step back right (2), 3.00
3 & 4 Angle body to left diagonal/1.30 step back left (3), rock weight to right stepping it slightly toward left (&), step back left (4)

(styling: drop shoulders L,R,L and make the steps bounce a little hitching knee) 1.30

5 6 7 & 8 Step back right (5), touch left toe back (6), kick left foot forward (7), step left to left side (&), step right to right side (8) 3.00

[49 - 56] Heel twists L & R – "single L - single R – double L, single R – single L – double R"

- & 1 & 2 Lift left heel and twist in toward right (&), return heel (1), Lift right heel and twist in toward left (&), return heel (2) 3.00
- & 3 & 4 Lift left heel and twist in toward right (&), return heel (3), Lift left heel and twist in toward right (&), return heel (4) 3.00
- & 5 & 6 Lift right heel and twist in toward left (&), return heel (5), lift left heel and twist in toward right (&), return heel (6) 3.00
- & 7 & 8 Lift right heel and twist in toward left (&), return heel (7), Lift right heel and twist in toward left (&), return heel (8), 3.00

[57 – 64] L cross, R back, L ball, R cross shuffle, ¼ turn R stepping back L, R side/back, L syncopated jazz box

- 1 2 Cross left over right (1), step back right (2), 3.00
- & 3 & 4 Step ball of left to left side (&), cross right over left (3), step left to left side (&), cross right over left (4) 3.00
- 5 6 Make ¼ turn right stepping back left (5), step right to right side (slightly back)(6), 6.00
- 7 & 8 Cross left over right (7), step back right (&), step left to left side (8) 6.00

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