

Mmm Mmm Yeah Yeah

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Improver / Intermediate
編舞者: Ryan Pearson (UK) - March 2014
音樂: Mmm Yeah (feat. Pitbull) - Austin Mahone



Walk Forward R, L, R, Touch Forward L, Walk Back L, R, L Coaster Step (1 to 16)

1-2 Walk forward on RF, Walk Forward on LF
3-4 Walk Forward on RF, Touch Forward on LF
5-6 Step Back on LF, Step Back on RF
7&8 Step L Back, Step R Beside L, Step L Forward

*Repeat Counts 1 to 8 (9-16)

R Vine With A Touch, L Vine With A Touch (17 to 24)

1-4 Step R to R Side, Step L Behind R, Step R to R Side, Touch L Next to R
5-8 Step L to L Side, Step R Behind L, Step L to L Side, Touch R Next to L

R Monterey Half Turns (25 to 32)

1-4 Touch R to R Side, Bring R Next to L Turn Half Turn Over R, Touch L to L Side, Bring L Next to R
5-8 Touch R to R Side, Bring R Next to L Turn Half Turn Over R, Touch L to L Side, Bring L Next to R

Hands R Pulling Down & Out with R Foot, Hands L Pulling Down & Out with L Foot (33 to 40)

1-2 Make a Fist with your R Hand & Hold Arm in Front of Face, Pull Downwards with Elbow x2
3-4 Push R Elbow to R Side x2, Whilst Touching R Foot Out to R Side and Step R Next to L
5-6 Make a Fist with your L Hand and Hold Arm in Front of Face, Pull Downwards with Elbow x2
7-8 Push L Elbow to L Side x2, Whilst Touching L Foot Out to L Side and Step L Next to R

Cross Step R, Sailor Step R, Cross Step L, Sailor Step L (41 to 48)

1-2-3&4 Cross R Over L, Step L to L Side, Step R behind L, Step L out to L side, Recover onto R
5-6-7&8 Cross L Over R, Step R to R Side, Step L behind R, Step R out to R side, Recover onto L

Step Forward Back 1/4 Turn Bump R, L, Step Forward Back 1/4 Turn Bump R, L (49 to 56)

1-2 Step Forward on R, Pivot 1/4 Turn L
3-4 Bump Hips R Swinging Hands R, Bump Hips L Swinging Hands L

*Repeat Counts 1 to 4

Heel Switch R, L, Heel Huck R, Heel Switch L, R, Heel Huck L (57 to 64)

1&2 Touch R Heel Forward, Step R Next to L, Touch L Heel Forward
&3&4 Step L Next to R, Touch R Heel Forward, Hook R Leg Under L Knee, Touch R Heel Forward
&5&6 Step R Next to L, Touch L Heel Forward, Step L Next to R, Touch R Heel Forward
&7&8& Step R Next to L, Touch L Heel Forward, Hook L Leg under R Knee, Touch L Heel Forward, Step L Next to R

Have Fun

Contact; r.lpearson@hotmail.co.uk