

Mmm Bop

INTERMEDIATE

80 Count 2 Walls

Choreographed by: Jenny Burgess & Lucy Durber

Choreographed to: Mmm Bop by 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 & 1/4 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 1/4 Turn Left.
- 30 Pivot 1/4 Turn Left On Left Stepping Right To Right Side.
- 31 Pivot 1/2 Turn Left On Right Stepping Left To Left Side.
- 32 Pivot 1/4 Turn Left On Left Touching Right Beside Left.

Lunge Steps Right & Left.

- 33 - 34 Step Right 1/4 Turn Right And Lunge. Rock Onto Left In Place.
- 35 - 36 Step Right Beside Left. Click Fingers At Shoulder Height.
- 37 - 38 Step Left 1/4 Turn Left And Lunge. Rock Onto Right In Place.
- 39 - 40 Step Left Beside Right. Click Fingers At Shoulder Height.

Step 1/4 Pivot Turns & Scuffs.

- 41 - 42 Step Forward Right. Pivot 1/4 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 1/2 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 1/2 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 1/2 Turn Right

Jump Feet Open, Cross, Unwind 1/2 Turn & Knee Rolls.

- 73 Jump Feet Shoulder With Apart.
- 74 Jump Crossing Right Over Left.
- 75 - 76 Unwind 1/2 Turn Left For Two Counts.
- 77 - 78 Roll Right Knee Out. Roll Left Knee Out.

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