

## MmmBop

32 count, 4 wall, beginner/intermediate level

Choreographer: Lady Lace (UK) March 2005

Choreographed to: MmmBop by Hanson

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### **Side Rock, Hitch, Side Shuffle, Rock Back, Recover ¼ turn R, shuffle ½ turn**

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

### **Rock Back, Forward Shuffle, Heel Switches & 2 Walks**

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

### **Forward Mambo, L coaster, Toe Behind Unwind ¾, Side shuffle, Flick**

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

### **Side Step, Pivot ¼ Turn, Lock Step Back, 2 Steps Back, R Coaster**

- 1-2 Step R to side, pivot ¼ turn L- weight on R
- 3&4 Step L back, Lock R to L, step L back
- 5-6 Step back R back, step L back
- 7&8 Step R back, step L beside R, step R forward