

# MMMBop

Choreographed by Kelly Kaylin

**Description:** 32 count, 4 wall, intermediate line dance

**Music:** **MMMBop** by Hanson [105 bpm / [CD Single](#)]

Start dancing on lyrics

## **LEFT & RIGHT SIDE TOUCHES, LEFT & RIGHT HEEL TOUCHES, LEFT TOE BACK, HOLD, RIGHT HEEL FORWARD, HOLD**

- 1 Touch left side
- &2 Step left together, touch right side
- &3 Step right together, touch left heel forward
- &4 Step left together, touch right heel forward
- &5 Step right together, touch left back
- 6 Hold
- &7 Step left together, touch right heel forward
- 8 Hold

## **SAILOR SHUFFLES, COASTER STEPS FORWARD & BACK**

- 1&2 Right sailor step
- 3&4 Left sailor step
- 5&6 Step right forward, step left together, step right back
- 7&8 Step left back, step right together, step left forward

## **HEEL JACKS, BALL CROSSES**

- 1&2 Cross right over, step left back, extend right heel forward on a 45 degree angle (weight is on left)
- &3 Step down on right, cross left behind and step
- &4 Step right side, cross left over
- &5 Step right back, extend left heel forward on a 45 degree angle (weight is on right)
- 6 Hold
- &7 Step down on left, cross right over (weight ends on right)
- 8 Hold
- &1 Keeping right crossed over left step left side, step left side with right
- &2 Step left back, extend right heel forward on a 45 degree angle (weight is on left)
- &3 Step down on right, cross left behind and step
- &4 Step right side, cross left over
- &5 Step right back, extend left heel forward on a 45 degree angle (weight is on right)
- 6 Hold
- &7 Step down on left, cross right over
- 8 On the balls of both feet swivel  $\frac{1}{4}$  left with weight ending on right