

# MMM BOP

LINEDANCE.COM

**Count:** 80      **Wall:** 2      **Level:** intermediate

**Choreographer:** Lucy Durber & Jenny Burgess

**Music:** MMMBop 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 & ¼ 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 ¼ turn left
- 30      Pivot ¼ turn left on left stepping right to right side
- 31      Pivot ½ turn left on right stepping left to left side
- 32      Pivot ¼ turn left on left touching right beside left

## LUNGE STEPS RIGHT & LEFT

- 33-34   Step right ¼ turn right and lunge. Rock onto left in place

- 35-36 Step right beside left. Click fingers at shoulder height
- 37-38 Step left ¼ turn left and lunge. Rock onto right in place
- 39-40 Step left beside right. Click fingers at shoulder height

### **STEP ¼ PIVOT TURNS & SCUFFS**

- 41-42 Step forward right. Pivot ¼ 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 ½ 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 ½ 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 ½ turn right

### **JUMP FEET OPEN, CROSS, UNWIND ½ TURN & KNEE ROLLS**

- 73 Jump feet shoulder with apart
- 74 Jump crossing right over left
- 75-76 Unwind ½ turn left for two counts
- 77-78 Roll right knee out. Roll left knee out
- 79-80 Roll right knee out. Roll left knee out

### **REPEAT**

