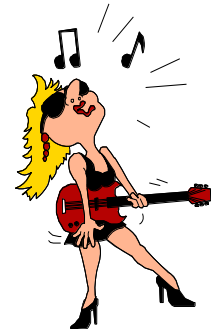


# Mmm Bop



**Description:** 32 Count, 4 Wall, Intermediate, Line Dance  
**Choreographer:** Kelly Kaylin - Mississauga, Ontario (May 97')

**Suggested Music:** Mmm Bop By: Hanson  
Cowboy Up By: Jill Johnson

**Instructor:** Dee Blansett, Chardon, OH  
[DeeBlansett@udancers.com](mailto:DeeBlansett@udancers.com)

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## (Left / Right) Toe & Heel Touches, Left Toe Back, Hold, Right Heel Forward, Hold

- 1 & 2 Touch Left toe side left (1), Bring Left together (&), Touch Right toe side right (2)  
&3 Bring Right together (&), Touch Left heel forward (3)  
&4 Bring Left together (&), Touch Right heel forward (4)  
&5-6 Bring Right together (&), Touch Left toe back (5), Hold (6)  
&7-8 Bring Left together (&), Touch Right heel forward (7), Hold (8)

## Right & Left Sailor Shuffles

- 1 & 2 Cross Right foot behind left (1), Step Left side left (&), Step Right side right (2)  
3 & 4 Cross Left foot behind right (3), Step Right side right (&), Step Left side left (4)

## Forward & Backward Coaster Steps

- 1 & 2 Step Right foot forward (1), Step Left foot next to right (&), Step Right foot back (2)  
3 & 4 Step Left foot back (3), Step Right foot next to left (&), Step Left foot forward (4)

## Right Heel Jack, Ball Crosses, Left Forward Heel, Hold

- 1 & 2 Cross Right foot over left (1), Step Left foot back (&), Touch Right heel at a 45° angle forward (2)  
weight is on left  
&3 Step down on Right foot (&), Cross Left behind right (3)  
&4 Step Right side right (&), Cross Left over right (4)  
&5-6 Step Right foot back (&), Touch Left heel at a 45° angle forward (5), Hold (6) weight on right  
&7-8 Step down on Left foot (&), Cross Right over left (7), Hold (8) weight on right

## & , Cross, & Heel, & , Cross, & , Cross, & Heel, Hold, & , Cross, ¼ Turn

- & 1 (Keeping right foot crossed over left) Step Left side left (&), Cross Right foot over left (1)  
& 2 Step Left foot back (&), Touch Right heel forward at a 45° angle (2) weight on left  
& 3 Step down on right foot (&), Cross-step Left behind right (3)  
& 4 Step Right foot side right (&), Cross-step Left over right (4)  
&5-6 Step Right foot back (&), Touch Left heel forward at a 45° angle (5) Hold (6) weight on right  
&7-8 Step down on Left (&), Cross-step Right over left (7), Turn ¼ turn Left on the balls of both feet (8)  
weight ends on right

**Repeat!**