

Man Eater

Compte: 32

Mur: 4

Niveau: Beginner hip hop

Chorégraphe: Signature X

Musique: Maneater - Nelly Furtado



CHASSE LEFT, HOLD, CHASSE RIGHT, HOLD

- 1&2 Step left to left side, close right next to left, step left to left side
- 3-4 Hold (option: look to the left on count 3, look back forward on count 4)
- 5&6 Step right to right side, close left next to right, step right to right side
- 7-8 Hold (option: look to the right on count 7, look back forward on count 8)

FORWARD, BACK, SIDE, FORWARD SHOULDER ROLL

- 1& Step right forward, step left next to right
- 2& Step right backwards, step left next to right
- 3& Step right to right side, step left to left side (shoulder width standing position)
- 4-8 Hold

Hands option:

- 5-6 Shoulder roll forward once
- 7-8 Repeat 5-6

FORWARD, ¼ TURN RIGHT, ½ TURN LEFT, ½ TURN RIGHT, TRIPLE CHEST PUMPS

- 1-2 Step right forward, step left forward
- 3-4 Step right ¼ turn right to right side, hold
- 5-6 Step left ½ turn left to left side, hold
- 7-8 Step right ½ turn right to right side, hold

Hands option:

- 3-4 Double chest pumps
- 5-6 Repeat 3-4
- 7&8 Triple chest pumps

STEP RIGHT, STEP LEFT, BOUNCE RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step right on the spot to right side, hold
- 3-4 Step left on the spot to left side, hold
- 5-6 Step right on the spot to right side, step left on the spot to left side
- 7-8 Repeat 5-6

Hands option: man eater style

- 1-2 Slowly raise right arm up from bottom to up
- 3-4 Put down right arm and at the same time, slowly raise left arm up from bottom to up
- 5-6 Raise up right arm, raise up left arm
- 7-8 Repeat 5-6

REPEAT
