

I Am Cannibal

拍数: 64

墙数: 2

级数: Phrased Intermediate

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音乐: Cannibal - Kesha : (Clean)

Intro: 16 count - 0.08 sec

Sequence: AA BA AA BA BA BA, A-END

(A on count 16 1/4 right – Step LF left (12:00) End

A - 32 counts

[1-8] ROCK RECOVER, SYNCOPATED JUMP BACK, TOUCH, KICK BALL BEHIND UNWIND 1/2 L, CROSS

- 1-2 Rock RF fwd (1), Recover onto LF (2)
- &3 Step RF back to right (&), Step LF back to left (3)
- 4 Touch R toe back behind left and drop R shoulder down & pushing R fist down (4)
- 5&6 Kick RF fwd (5), Step RF beside LF (&), Cross LF behind RF (6)
- 7-8 Unwind 1/2 turn left (7), Cross RF over LF (8) (6:00)

[9-16] SIDE ROCK 1/4, SIDE ROCK CROSS, DIAGONAL TOUCH L/R

- 1&2 Rock LF to left (1), 1/4 turn right and recover onto RF (&), Step LF fwd (2) (9:00)
- 3&4 Rock RF to right (3), Recover onto LF (&) Cross RF slightly over LF (4)
- 5-6 Step LF diagonal fwd (5), Drag RF and touch RF beside LF (6)
- 7-8 Step RF diagonal fwd (7) Drag LF and touch LF beside RF (8)

Note: Snap fingers on count 6&8

[17-24] PIVOT 1/2, 1/2 LOCK TURN, 1/4 TOUCH C-BUMP, BOOTY ROLL 3/4

- 1-2 Step LF fwd (1), Pivot 1/2 turn right (2)
- 3&4 Step LF 1/4 right (3), Lock RF over LF (&), Step LF 1/4 right (4) (9:00)
- 5&6 Touch RF 1/4 right (5) as you C-Bump your hips transfer weight onto RF (&) Sit onto the right hip popping left knee (6) (12:00)
- 7-8 Booty Roll back anti C/W 3/4 turn left (9:00) weight on RF (8)

[25-32] FORWARD SHIMMY, BACK SHIMMY, WALK WALK, TRIPLE RUN 1/4

- 1-2 LF step fwd and Shimmy Shoulders fwd (1-2)
- 3-4 Step back on RF and Shimmy Shoulders back (3-4) (weight on RF)
- 5-6 Walk LF fwd (5), Walk RF fwd (6)
- 7&8 1/4 turn left and step LF fwd (7) (6:00), RF fwd (&), LF fwd (8)

B - 32 counts (NC2 Section) (12:00)

[1-8] STEP – F/T SWEEP, SIDE, PUSH ARM 1/4 TURN, RECOVER 1/4 TURN, TOUCH

- 1-3 Step RF fwd (1), Sweep LF full turn right (2-3)
- * Easy option 2-3: Hitch L Knee Up (2-3)
- 4 Step LF to left side (4)
- 5-6 Push R arm across chest 1/4 left weight onto RF (9:00)
- 7-8 Recover 1/4 right weight on LF (7), Touch RF next to LF (8) (12:00)

[9-16] BASIC NC2, 1/4 SWEEP, BEHIND, 1/4 FORWARD

- 1-2 Step RF to right (1), Drag LF toward RF (2)
- 3-4 LF rock behind RF (3), Recover onto RF across LF (4)
- 5-6 1/4 right and step LF back (5) (3:00), Sweep RF front to back (6)

7-8 Cross RF behind LF (7), 1/4 left and step LF fwd (8) (12:00)

[17-24] 1/2 SWEEP, BEHIND SIDE, FORWARD RAISE ARMS, BACK, DRAG

1-2 1/2 left and step RF back (1) (6:00), Sweep LF front back (2)

3-4 Step LF behind RF (3), Step RF to right (4)

5-6 Step LF fwd while raising both hands up

7-8 Step RF back (7) Drag LF towards RF (8)

[25-32] BACK, 1/2 TURN, 1/4 TURN, ROCK BACK, RECOVER, 1/4 TURN, FULL TURN STEP

1-3 Step LF back (1), 1/2 right step RF fwd (2) (12:00), 1/4 right step LF left (3) (3:00)

4-6 RF rock back (4), Recover onto LF (5), 1/4 right and RF step fwd (6) (6:00)

7&8 1/2 right and LF step back (7) 1/2 right and RF step fwd (&) (6:00), LF step fwd (8)

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