

Man Eater

拍数: 32 墙数: 4 级数: Beginner hip hop
编舞者: Signature X
音乐: 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
