

Maneater 64

拍数: 62 墙数: 1 级数: Improver
编舞者: William Sevone (UK)
音乐: Maneater - Nelly Furtado



4X SIDE STEP-TOE TAP WITH EXPRESSION (12:00)

- 1-2 Step right to right, (raising knee) tap left toe next to right foot
- 3-4 Step left to left, (raising knee) tap right toe next to left foot
- 5-6 Step right to right, (raising knee) tap left toe next to right foot
- 7-8 Step left to left, (raising knee) tap right toe next to left foot

On toe taps lean slightly inward and click fingers (both hands)

4X STEP BACKWARD-HEEL TAP WITH EXPRESSION (12:00)

- 9-10 Step backward onto right, tap left heel diagonally across right foot
- 11-12 Step backward onto left, tap right heel diagonally across left foot
- 13-14 Step backward onto right, tap left heel diagonally across right foot
- 15-16 Step backward onto left, tap right heel diagonally across left foot

On heel taps lean slightly inward and click fingers (both hands)

2X SIDE STEP-RECOVER-TOGETHER, ROCK BACKWARD, RECOVER (12:00)

- 17-18 (Large) step right to right, recover onto left
- 19 Step right next to left
- 20-21 (Large) step left to left, recover onto right
- 22 Step left next to right
- 23-24 Rock backward onto right, recover onto left

4X FORWARD DIAGONAL SYNCOPATED HIP BUMPS (12:00)

- 25&26 Step right diagonally forward right & bump hips right, bump hips left then right
- 27&28 Step left diagonally forward left & bump hips left, bump hips right then left
- 29&30 Step right diagonally forward right & bump hips right, bump hips left then right
- 31&32 Step left diagonally forward left & bump hips left, bump hips right then left

4X HIP ROLL, ¼ RIGHT STEP BACKWARD, 3X WALK BACKWARD (3:00)

- 33-34 Step right to right - rolling hips to right, roll hips to left
- 35-36 Roll hips to right, roll hips to left
- 37-38 Turn ¼ right & step backward onto right, walk backward onto left
- 39-40 Walk backward: right-left

On walks: drop hips/turn knees inward

COASTER STEP, 4X FORWARD WALK WITH EXPRESSION, ¼ LEFT (12:00)

- 41&42 Step backward onto right, step left next to right, step forward onto right
- 43-46 Walk forward: left-right-left-right
- 47-48& Rock forward onto left, recover onto left, turn ¼ left

On walks: drop hips/turn knees inward

4X HIP ROLL, ¼ LEFT STEP BACKWARD, 3X WALK BACKWARD (9:00)

- 49-50 Step left to left - rolling hips to left, roll hips to right
- 51-52 Roll hips to left, roll hips to right
- 53-54 Turn ¼ left & step backward onto left, walk backward onto right
- 55-56 Walk backward: left-right

On walks: drop hips/turn knees inward

COASTER STEP, 4X FORWARD WALK WITH EXPRESSION, ¼ LEFT (12:00)

57&58 Step backward onto left, step right next to left, step forward onto left

59-60 Walk forward: right-left-right-left

61-62& Rock forward onto right, recover onto left, turn ¼ right

On walks: drop hips/turn knees inward

REPEAT
