

Maneater

拍數: 64 牆數: 4 級數:
編舞者: Stuart Cooper
音樂: Maneater - Nelly Furtado



CROSS, SIDE, SAILOR ¼ TURN, HITCH & STEP, APPLEJACKS

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left to side, step right forward making a ¼ turn right
5&6 Hitch left, step left down, step right to right side
7&8 Left and right applejacks

RIGHT SHUFFLE, SCUFF HITCH STEP, BOUNCE, BOUNCE, COASTER STEP

1&2 Step right forward, step left next to right, step right foot forward
3&4 Scuff left foot, hitch left knee, step forward on left
5&6 Bounce ¼ turn right, and repeat keeping weight on left
7&8 Step right foot back, step left next to right, step forward on right

SIDE ROCK, CROSS SHUFFLE, ¾ TURN, ROCK, STEP BACK

1-2 Rock left foot to left side, rock weight onto right
3&4 Cross left over right, step right to right side, cross left over right
5-6 Step right to right side, make a ¼ turn with weight on right, on ball of right foot make a ½ turn left, place weight on left foot
7&8 Rock forward on right foot, weight back on left, step back on right

WALK BACK LEFT, RIGHT, LEFT COASTER STEP, POINT & POINT, ½ MONTEREY

1-2 Walk backwards left, right
3&4 Step left foot back, step right next to left, step left foot forward
5&6 Point right foot to right side, step right next to left(&), point left to left side
&7-8 Step left next to right, point right to right side, make a Monterey ½ turn stepping right next to left

STEP, ROCK, STEP, ¼ TURN, ½ TURN, ROCK, STEP

1 Step left to left side
2-3 Rock back on right foot, rock weight forward on left
4-5 Step right foot to side, make a ¼ turn, on ball of right foot make a ½ turn stepping forward on left
6-7 Rock forward slowly on right foot, step on left foot
8 Step back on right foot

SWEEP, STEP, SWEEP, STEP, POINT, ½ TURN, STEP ½ TURN

1-2 Sweep left foot round, step on left foot
3-4 Sweep right foot round, step on right foot
5-6 Point left foot back, make a ½ turn left with weight on left foot
7-8 Step forward on right foot, make a ½ turn right

CROSS, SIDE ROCK, CROSS, STEP ¼ TURN, STEP, CROSS, STEP

1 Step right foot over left
2-3 Rock left out to left side, rock weight onto right foot
4-5 Cross left foot over right, step right foot to right side, make a ¼ turn left
6-7 Step left foot to left side, cross right over left
8 Step left to left side

ROCK, STEP, STEP, CROSS BEHIND, POINT, HOLD, POINT, POINT

- 1-2 Rock back on right foot, rock weight onto left foot
- 3-4 Step right to right side, step left foot behind right
- 5-6 Point right foot to right side, hold
- 7-8 Point right foot across left, point right foot to right side

REPEAT
