

Maneater 128

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Dougie D (UK)
音樂: Maneater - Nelly Furtado



Sequence: A BA BA BA B etc right through the dance

PART A

SHORT VINE LEFT, RIGHT HEEL DIG, STEP RIGHT BESIDE LEFT, STEP TO RIGHT SIDE ON LEFT, TWICE

1-2 Cross right over left, step left to left side
3&4& Step right behind left, step left in place, dig right heel diagonally forward, step right beside left
5-6& Cross left over right and hold for one count, step right behind left
7-8 Cross left over right, hold for one count

ROCK RIGHT TO RIGHT SIDE, CROSS SHUFFLE LEFT, SYNCOPATE SIDE STEPS TWICE

1-2 Rock right to right side, recover on left
3&4 Cross shuffle left: right, left, right
5-6& Step left to left side and hold for one count, step right beside left
7-8 Step left to left side, hold for one count

CROSS MAMBOS TWICE, (TRAVELING FORWARD) FORWARD ROCK, COASTER STEP

1&2 Cross right over left, step left beside right, step right in place, (traveling forward)
3&4 Cross left over right, step right beside left, step left in place (traveling forward)
5-6 Rock forward on right, recover on left
7&8 Step back on right, step left beside right, step forward on right

STEP FORWARD ON LEFT, PIVOT ½ TURN RIGHT, STEP FORWARD ON LEFT, PIVOT ¼ TURN RIGHT, FORWARD ROCK, COASTER STEP

1-2 Step forward on left, pivot ½ turn right
3-4 Step forward on left, pivot ¼ turn right
5-6 Rock forward on left, recover on right
7&8 Step back on left, step right beside left, step forward on left

33-64 Repeat all 32 steps to complete Part A

PART B

LONG STEP TO RIGHT, DRAG LEFT TO RIGHT, FORWARD ROCK, SIDE STEP TO LEFT TWICE

1-2 Take long step to right side on right, drag left beside right
3-4 Rock forward on left, recover on right
5-6 Step left to left side, step right beside left (using hips)
7-8 Step left to left side, step right beside left, (using hips)

SIDE STEPS TO RIGHT TWICE, SIDE STEP LEFT, SIDE STEP RIGHT

1-2 Step right to right side, step left beside right (using hips)
3-4 Step right to right side, step left beside right. (using hips)
5-6 Step left to left side, step right beside left, (using hips)
7-8 Step right to right side, step left beside right (using hips)

TOE STRUTS TWICE, ROCKING HORSE

1-2 Step forward on right toe, drop right heel
3-4 Step forward on left toe, drop left heel

5-6 Rock forward on right, recover on left
7-8 Rock back on right, recover on left

TOE STRUTS TWICE, ROCKING HORSE

1-2 Step forward on right toe, drop right heel
3-4 Step forward on left toe, drop left heel
5-6 Rock forward on right, recover on left
7-8 Rock back on right, recover on left

33-64 Repeat all 32 steps to complete Part B
