

Cannibals

拍數: 0 牆數: 0 級數:
編舞者: Judy McDonald (CAN)
音樂: Cannibals - Mark Knopfler



Sequence: AAAA, BC, AA, BC, AA, BC, repeat the last 4 counts of Part C (so you do 4 single bounce steps all together - RIGHT-LEFT-RIGHT-LEFT), C, AAAA, then do the first 12 counts of Part A before going into your grand exit!

The drums at the beginning and end of this song make for an interesting entrance and exit to the dance floor. Try stepping on the right foot on count 1, hold count 2, and do an upper body contraction or hip bumps on counts 3 and 4. Continue on the left foot for counts 5, 6, 7, 8. You can really get into the beat here if you just let go!

PART A

SLIDE RIGHT TOGETHER RIGHT TOUCH & CLAP, SLIDE LEFT TOGETHER LEFT TOUCH & CLAP

- 1 Step right to side
- 2 Step left together
- 3 Step right to side
- 4 Touch left and clap
- 5 Step left to side
- 6 Step right together
- 7 Step left to side
- 8 Touch right and clap

STEP RIGHT TOUCH & CLAP, STEP LEFT TOUCH & CLAP, RIGHT & LEFT HEEL STANDS, STEP RIGHT, LEFT

- 1 Step right to side
- 2 Touch left and clap
- 3 Step left to side
- 4 Touch right and clap
- 5 Stand on right heel
- 6 Stand on left heel
- 7 Step right
- 8 Step left

PART B

RIGHT HEEL, KNEE SLAP, RIGHT HEEL, KNEE SLAP, VINE RIGHT

- 1 Touch right heel to side
- 2 Hitch knee up & slap
- 3-4 Repeat 1-2
- 5 Step right to side
- 6 Step left behind
- 7 Step right to side
- 8 Hold

EXTENDED VINE RIGHT

- 1 Cross left in front
- 2 Hold
- 3 Step right to side
- 4 Step left behind
- 5 Step right to side
- 6 Hold

- 7 Touch left
- 8 Hold

LEFT HEEL, KNEE SLAP, LEFT HEEL, KNEE SLAP, VINE LEFT

- 1 Touch left heel to side
- 2 Hitch knee up & slap
- 3-4 Repeat
- 5 Step left to side
- 6 Step right behind
- 7 Step left to side
- 8 Hold

EXTENDED VINE LEFT

- 1 Cross right in front
- 2 Hold
- 3 Step left to side
- 4 Step right behind
- 5 Step left to side
- 6 Hold
- 7 Touch right
- 8 Hold

RIGHT HEEL STEP FORWARD ON DIAGONAL, STEP LEFT BESIDE RIGHT - 4 TIMES

- 1 Step forward on right diagonal on right hee
- 2 Step left beside right
- 3-8 Repeat 3x

RIGHT HEEL STRUT, LEFT HEEL STRUT, TWIST RIGHT, LEFT, RIGHT, LEFT WITH ¼ TURN TO LEFT

- 1 Step forward on right heel
- 2 Drop toe to floor
- 3 Step forward on left heel
- 4 Drop toe to floor
- 5-8 Twist on balls of feet stepping right, left, right, left while making ¼ turn to left)

- 1 Step forward on right diagonal on right hee
- 2 Step left beside right
- 3-8 Repeat 3x

RIGHT HEEL STRUT, LEFT HEEL STRUT, TWIST RIGHT, LEFT, RIGHT, LEFT WITH ¼ TURN TO LEFT

- 1 Step forward on right heel
- 2 Drop toe to floor
- 3 Step forward on left heel
- 4 Drop toe to floor
- 5-8 Twist on balls of feet stepping right, left, right, left while making ¼ turn to left)

PART C

RIGHT HEEL, CROSS, HEEL, TOGETHER, LEFT HEEL, CROSS, HEEL, TOGETHER

- 1 Touch right heel forward
- 2 Cross in front of left
- 3 Touch forward
- 4 Step together
- 5 Touch left heel forward
- 6 Cross in front of right
- 7 Touch forward

8 Step together

KICK STEP & CLAP - 4 TIMES RIGHT, LEFT, RIGHT, LEFT

- 1 Kick right forward
- 2 Step right together & clap
- 3 Kick left forward
- 4 Step left together & clap
- 5-8 Repeat 1-4

BOUNCE RIGHT TOE 3 TIMES & STEP FORWARD, BOUNCE LEFT TOE 3 TIMES & STEP FORWARD

- 1-3 Touch right toe forward & bounce 3 times
- 4 Step right
- 5-7 Touch left toe forward & bounce 3 times
- 8 Step left

Point left finger & shake as if telling someone something

BOUNCE RIGHT, STEP, BOUNCE LEFT, STEP

- 1-2 Touch right toe forward & step
- 3-4 Touch left toe forward & step

Point left finger & turn head to right, point right finger & turn head to left
