

Man Trap

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Regina Turnbull (AUS)

Musik: Man Trap - Sara Storer



HEEL HOOK, SHUFFLE, HEEL HOOK, SHUFFLE

- 1-2 Touch right heel forward diagonally, hook right heel to left knee
- 3&4 Step right forward, step left together, step right forward
- 5-6 Touch left heel forward diagonally, hook left heel to right knee
- 7&8 Step left forward, step right together, step left forward

RIGHT HEEL GRIND, COASTER STEP, HEEL GRIND, COASTER STEP

- 1-2 Touch right heel forward with toes facing left, grind right heel from left to right
- 3&4 Step right back, step left together, step right forward
- 5-6 Touch left heel forward with toes facing right, grind left heel from right to left
- 7&8 Step left back, step right together, step left forward

SIDE BEHIND, TURN ¼, SHUFFLE FORWARD, PIVOT HALF, FULL TURN TRIPLE

- 1-2 Step right to right, step left behind right
- 3&4 Turn ¼ turn right and step right forward, step left together, step right forward
- 5-6 Step left forward, pivot ½ turn right
- 7&8 Turn full turn right - stepping left, right, left

MAMBO FORWARD, MAMBO BACK, SIDE ROCK ACROSS, SIDE BEHIND

- 1&2 Step right forward, rock back on left, step right together
- 3&4 Step left back, rock forward on right, step left together
- 5&6 Step right to right side, rock weight on left, step right across in front of left
- 7-8 Step left to left, step right behind

HEEL JACKS HOLD & CLAP, TWO SAILOR STEPS

- &1&2 Step left to left, touch right heel forward diagonally, step right back, step left across
- &3&4 Step right back, touch left heel forward diagonally, hold & clap twice
- 5&6 Step left behind right, step right to right, step left in place
- 7&8 Step right behind left, step left to left, step right in place

ROCK BACK, SIDE SHUFFLE, ROCK BACK, SIDE SHUFFLE

- 1-2 Step left back, rock forward on right
- 3&4 Step left to left, step right together, step left to left
- 5-6 Step right back, rock forward on left
- 7&8 Step right to right, step left together, step right to right

TOUCH BEHIND, HALF TURN, SIDE ROCK, KNEE ROLLS, SIDE SHUFFLE

- 1-2 Touch left toe behind right foot, unwind ½ turn left (keeping weight on left)
- 3-4 Step right to right, rock weight on left
- 5-6 Roll right knee to right side, roll left knee to left side
- 7&8 Step right to right side, step left together, step right to right

ROCK BACK, SIDE SHUFFLE, TOUCH BEHIND, HALF TURN, HEEL SWITCHES

- 1-2 Step left back, rock forward on right
- 3&4 Step left to left, step right together, step left to left
- 5-6 Touch right toe behind left foot, unwind ½ turn right (keeping weight on left)

7&8

Touch right heel forward diagonally, step right together, touch left heel forward diagonally, step left back

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REPEAT
