

The Tender Trap

Count: 48

Wall: 4

Level: Improver

Choreographer: Tina Lundy (USA) - December 2017

Music: The Tender Trap - Frank Sinatra : (Album: Sinatra 80th All The Best)



Intro: (16) counts

[1-8] STEP RIGHT FOOT FORWARD SWAY HIPS FORWARD & BACK 2X, TRIPLE FORWARD (R-L-R), ROCK FORWARD LEFT, RECOVER RIGHT

- 1-2 Angling body 1/8 L, Step forward R sway hips forward, sway hips back
- 3-4 Sway hips forward, sway hips back
- 5 & 6 Triple forward r-l-r
- 7-8 Rock forward L, recover R (12:00)

[9-16] TRIPLE ½ LEFT X2, ROCK BACK LEFT, RECOVER RIGHT, LEFT KICK BALL CHANGE

- 1 & 2 Turning ½ left, shuffle l-r-l (6:00)
- 3 & 4 Continue turning ½ left, shuffle r-l-r (12:00)
- 5-6 Rock back on Left, recover R
- 7 & 8 Kick Left, step on ball of L, step R next to L

[17-24] SERPENTINE LEFT WITH FULL TURN

- 1-2 Step L to Left, Step R behind L
- 3-4 Step L with ¼ turn left, step forward on R
- 5-6 Pivot ½ turn left, step R to right side with ¼ turn left (12:00)
- 7-8 Step L behind R, Step R to right side

[25-32] CROSS LEFT OVER RIGHT, POINT RIGHT, CROSS RIGHT OVER LEFT, POINT LEFT, LEFT JAZZ BOX WITH ¼ TURN LEFT, FLICK RIGHT

- 1-2 Moving forward cross L over R, Point R to right side
- 3-4 Moving forward cross R over L, Point L to left side
- 5-6 Cross L over R, step back on R
- 7-8 Turn left ¼ stepping L to left side, flick right foot (9:00)

[33-40] NIGHTCLUB RIGHT, NIGHTCLUB LEFT

- 1-2 Step R to right side (1), hold (2)
- 3-4 Rock L behind R (3), recover R (4)
- 5-6 Step L to left side (5), hold (6)
- 7-8 Rock R behind L (7), recover L (8) (9:00)

[41-48] PIVOT ½ LEFT CHASE WITH HOLD, PIVOT ½ CHASE RIGHT WITH HOLD

- 1-2 Step R foot forward, pivot ½ turn left
- 3-4 Step forward on R, hold (4) (3:00)
- 5-6 Step L foot forward pivot ½ turn right
- 7-8 Step forward on L, hold (8) (9:00)

BEGIN AGAIN

Note: As you turn to start Wall 6 the music slows a bit for a moment. Flow with it.

Ending: As you finish Wall 7 (you'll be at 3:00), complete steps 41-46 (through the first ½ pivot), then pivot ¼ turn right to (12:00) and point right foot to right side

Please do not alter this step sheet. Questions or concerns may be directed to me at

wealthywolf@hotmail.com.
Thank you! Tina Lundy
