

Man Trap

拍数: 64 墙数: 4 级数: Intermediate
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音乐: 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

&

REPEAT
