

# The Tender Trap

拍數: 48      牆數: 4      級數: Improver  
編舞者: Tina Lundy (USA) - December 2017  
音樂: 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

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