

# Man Trap

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Regina Turnbull (AUS)  
音樂: 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**

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