

# Don't Trust a Man

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Leif Wittorff , Denmark, December 2008

**Music:** Don't Trust A man by Ulla Lindstroem (108 BPM) Album: I Go On Dreaming (August 2008)

## Intro 16: Start on vocals, on word "Man"

### Section 1

#### Chassé, Back rock, Chassé, Unwind ½ turn

- 1&2** Step right foot to right side, step left beside right, Step right foot to right side
- 3 - 4** Rock back left, recover right
- 5&6** Step left foot to left side, step right beside left, Step left foot to left side
- 7 - 8** Touch right toe behind left foot, turn ½ (weight on right)

**(Restart: 6. wall after 8 count (6 o'clock) after unwind ½ turn- weight on left)**

### Section 2

#### Rock fwd. left, Coaster, Sway right and left, Chassé right

- 1 - 2** Rock Fwd. left, recover on right
- 3&4** Step left back, step right beside left, step fwd. left
- 5 - 6** Sway right, left
- 7&8** Step right foot to right side, step left beside right, Step right foot to right side

### Section 3

#### Heel Grind ¼ turn left, Coaster step left, Rock fwd. right, Lock step back right

- 1 - 2** Touch left heel fwd, turn (weight on left) ¼ left (end with weight on right)
- 3&4** Step left back, step right beside left, step fwd. left
- 5 - 6** Rock Fwd. right, recover left
- 7&8** Step right back, lock left across right, step back right

### Section 4

#### ¼ turn left x 2, Behind side cross right, Siderock right, ½ step turn left

- 1 - 2** Step left foot to left making  $\frac{1}{4}$  turn ( facing 12 o'clock) Step right fwd making  $\frac{1}{4}$  turn ( facing 9 o'clock - weight on right)
- 3&4** Step left behind right, step right to right, step left across right
- 5 - 6** Rock right to right, recover left
- 7 - 8** Step fwd. right, turn  $\frac{1}{2}$  left

**Tag: after 3. wall (9 o'clock) Rocking chair.**

**Restart: in 6. wall after 8 count (6 o'clock) (after unwind  $\frac{1}{2}$  turn- weight on left)**

**Tag: after 8. wall (12 O'clock) Rocking Chair, after 11. wall ( 9 O'clock) Rocking Chair.**

**Enjoy this wonderful music !**

**This dance are dedicated to Ulla Lindstroem- Thanks for good music !**

**Coreograph contact:**

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