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| Don't Trust a Man |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Leif Wittorff (DK) - December 2008 |
| **Music:** | Don't Trust A man - Ulla Lindstroem : (Album: I Go On Dreaming, August 2008) |
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**Intro 16: Start on vocals, on word “Man”**

**Section 1**

**Chassé, Back rock, Chassé, Unwind ½ turn**

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| --- | --- |
| 1&2 | Step right foot to right side, step left beside right, Step right foot to right side |

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| --- | --- |
| 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 |

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| --- | --- |
| 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**

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| --- | --- |
| 1 - 2 | Rock Fwd. left, recover on right |

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| --- | --- |
| 3&4 | Step left back, step right beside left, step fwd. left |

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| --- | --- |
| 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**

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| --- | --- |
| 1 - 2 | Touch left heel fwd, turn (weight on left) ¼ left (end with weight on right) |

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| --- | --- |
| 3&4 | Step left back, step right beside left, step fwd. left |

|  |  |
| --- | --- |
| 5 - 6 | Rock Fwd. right, recover left |

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| --- | --- |
| 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**

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| --- | --- |
| 1 - 2 | Step left foot to left making ¼ turn ( facing 12 o´clock) Step right fwd making ¼ 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 ½ left |

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

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

**Tag: after 8. wall (12 0´clock) Rocking Chair, after 11. wall ( 9 0´clock) Rocking Chair.**

**Enjoy this wonderful music !**

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

**Coreograph contact:**

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