

# A Lover's Trak

Compte: 64

Mur: 2

Niveau: High Intermediate

Chorégraphe: Fiona Murray (IRE) & Roy Hadisubroto (IRE) - January 2018

Musique: What Lovers Do (feat. SZA) (A-Trak Remix) - Maroon 5 & A-Trak



Intro: After 32 counts

Note: Start before with feet apart and weight on right foot

## [1 – 8] Funky Hitches, Slide, Sailor Step $\frac{3}{8}$ Turn L

- 1 & 2 & Swivel L heel to R side & touch R to R side (1), Swivel L toes to R side & hitch R leg (&), Swivel L heel to R side & touch R to R side (2), Swivel L toes to R side & hitch R leg (&) 12:00
- 3 & 4 & Swivel L heel to R side & touch R to R side (3), Swivel L toes to R side & hitch R leg (&), Swivel L heel to R side & touch R to R side (4), Swivel L toes to centre & hitch R leg (&) 12:00
- 5 - 6 Big slide to R side (5 -6) 12:00
- 7 & 8 Cross L behind R (7),  $\frac{1}{4}$ Turn L Step R beside L (&),  $\frac{1}{8}$  Turn L Step L Forward (8) 7:30

## [9 – 16] Heel Rocks Turn $\frac{1}{8}$ R, Sailor Step, Lock, Hold, $\frac{1}{2}$ Turn L Bounce 2x

- 1 & 2 & Step R heel forward into diagonal L (1), Cross L behind R (&), Step R heel to R side (2), Turn  $\frac{1}{8}$  to the R and step L forward (&) 9:00
- 3 & 4 & Cross R behind L (3), Recover on L (&), Step R forward diagonally R (4), Lock L behind R 9:00
- 5 - 6 Hold (5), Hold (6) 9:00
- 7 - 8 Unwind  $\frac{1}{4}$  Turn L on balls of feet bend knees once to make a bounce (7), Unwind  $\frac{1}{4}$  Turn L on balls of feet bend knees once to make a bounce (8) 3:00

## [17 – 24] Mambo Forward & Back, Rock Step, Side Chase (Arms)

- 1 & 2 Rock R forward (1), Recover on L (&), Step R backwards (2) 3:00
- 3 & 4 Rock L backwards (3), Recover on R (&), Step L forward (4) 3:00
- 5 - 6 Rock R forward into R diagonal (5), Recover on L (6) 1:30
- 7 & 8 & Step R to R side (7), Step L next to R (&), Step R to R side (8), Touch L next to R (&) 3:00
- Arms: Push both arms in front of body (&), Pull both arms in towards body (5), Push both arms out in front of body (6), Bring both arms from R to L while stretched in front of body (7 & 8 &)**

## [25 – 32] Side Touches 2x, Side Chase, Hip Bumps, Paddle $\frac{1}{4}$ Turn L

- 1 & 2 & Step L to L side (1), Touch R next to L (&), Step R to R side (2), Touch L next to R (&) 3:00
- 3 & 4 Step L to L side (3), Step R next to L (&), Step L to L side (4) 3:00
- 5 & 6 & Touch R forward with R hip bump forward and high (5), Relax R hip back to centre (&) R hip bump forward low (6), Relax R hip back to centre (&) 3:00
- 7 - 8 Step on to R (7)  $\frac{1}{4}$  Turn L Step L to L side (8) 12:00

## [33 – 40] Kick Out Out, Hold, Weave, Hold, Hook 2x

- 1 & 2 Kick R diagonally across L (1), Step R to R side (&), Step L to L side (2) 12:00
- 3 - 4 & Hold (3), Cross R behind L (4), Step L to L side (&) 12:00
- 5 - 6  $\frac{1}{8}$  Turn L Cross R over L (5), Hold (6) 10:30
- & 7 & 8 Hook L behind R (&), Step L back (7), Hook R in front of L (&) Press R forward (8) 10:30

## [41 – 48] Step Back Touch x3, Hold, Touch, Heel Jack, Step

- 1 - 2 - a 3 Step R backwards (1), Touch L in place (&), Hold (2) Step L backwards (a), Touch R in place (3) 10:30
- 4 & Step R backwards (4), Touch L in place (&) 10:30
- 5 - 6 & Hold (5), Hold (6) Step L forward (&) 10:30

7 & 8 & Touch R next to L (7), Step back onto R (&), L Heel forward (8), Step L forward (&) 10:30

**[49 – 56] Rock Hook, Sweep ½ Turn R, Sailor Step, Ball Slide, Cross, Step ¼ Turn L**

1 - 2 Rock forward on R & hook L behind R knee (1), Recover on L ½ Turn R while sweeping R from front to back (2) 12:00

3 & 4 Cross R behind L (3), Step L to L side (&), Step R to R side (4) 12:00

& 5 - 6 Close L next to R (&), Big step R to R side (5), Finish sliding L foot towards R (6) 12:00

7 - 8 Cross L over R (7), ¼ Turn L Step R back (8) 9:00

**[57 – 64] Step ¼ Turn L, Hold, Step, Hold, Camel Walk x2, Mambo Cross**

1 - 2 ¼ Turn L Step L forward (1), Hold (2) 6:00

3 - 4 Step R forward and drag L next to R and pop L knee forward (3), Hold (4) 6:00

5 - 6 Step L forward and drag R next to L and knee forward (5), Step R forward & pop L knee forward (6) 6:00

7 & 8 Rock L to L side (7), Recover on R (&), Cross L over R (8) 6:00

**START AGAIN AND HAVE FUNNNN**

**DARE TO BE UNIQUE**

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