

Man Trap

拍數: 32 牆數: 4 級數: Improver
編舞者: Keith Davies (AUS)
音樂: Man Trap - Sara Storer



SIDE ROCK, CROSS SHUFFLE; SIDE ROCK, ½ TURN SAMBA

1-2 Step/rock right to right side, return weight onto left in place
3&4 Step right across left, step left to left, step right across left
5-6 Step/rock left to left side, return weight to right in place
7&8 Step left across right, step on ball of right diagonally forward and pivot ½ turn left, step forward left

STEP, SLAP & STEP, SLAP, TOUCH RIGHT; JUMP BACK, JUMP BACK, CLAP, JUMP FORWARD

1-2 Step right to right side, slap left heel behind right with right hand
&3-4 Step left to left side, slap right heel behind left with left hand, touch right to right side
&5&6 Jump back right left, jump back right left
7 Hold and clap*
&8 Jump forward right left

CLAP, ½ TURN, SHUFFLE; HEEL & HEEL & HEEL & POINT

1 Hold and clap
During the second half of the chorus on the words "me and you" replace the claps with thumbs pointing towards yourself on "me" and fingers pointing forward on "you"
2 Step forward on right and turn ½ left on ball of right foot
3&4 Forward shuffle left right left
5&6& Place right heel forward, bring right back to place, place left heel forward, bring left back to place
7&8 Place right heel forward, bring right back to place, point left toe to left side

PUSH HIP/SLAP, FORWARD LEFT, KICK-BALL-CHANGE; ¼ TURN SIDE ROCK, STEP, SIDE ROCK, STEP

1 Push right hip to right side slapping right butt with right hand
2 Step forward left
3&4 Kick right forward, step in place on ball of right, step in place with left
5&6 Turn ¼ left and step/rock right to right side, return weight to left, step right in front of left
7&8 Step/rock left to left side, return weight to right, step left in front of right

REPEAT

TAG

During the 9th wall (with the words "bang, slap, there goes my trap"), replace the last 8 counts of the dance with:

1 Push right hip to right side slapping right butt with right hand
2 Hitch and slap left knee with the right hand
3 Step left to left side and click fingers of both hands
4 Clap

Place hands on hips and do three to the left hip rolls slowing to a stop with the music (or try two hip rolls and a body roll!). Restart the dance when the music recommences and keep dancing at the same pace to the end of the song.