

Don't trust A Man



Coreographer: Leif Wittorff, Denmark, December 2008

4 Wall Beginner/intermediate – 32 Count

Music: Don't Trust A man by Ulla Lindstroem (108 BPM)

Album: I Go On Dreaming (august 2008)

Buying music: <http://ullalindstroem.bravehost.com/My2ndCD.html>

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

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 o'clock) Rocking Chair, after 11. wall (9 o'clock) Rocking Chair.

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 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

Enjoy this wonderful music !

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

Coreograph contact:



Leif Wittorff

E-mail: wilwijo@gmail.com

Website: www.wijo.dk