

## Don't Trust A Man

32 Count, 4 Wall, Beginner/Intermediate  
Choreographer: Leif Wittorff (Den) December 2008  
Choreographed to: Don't Trust A man by Ulla  
Lindstroem (108 BPM) CD: I Go On Dreaming

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

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

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Music download available from